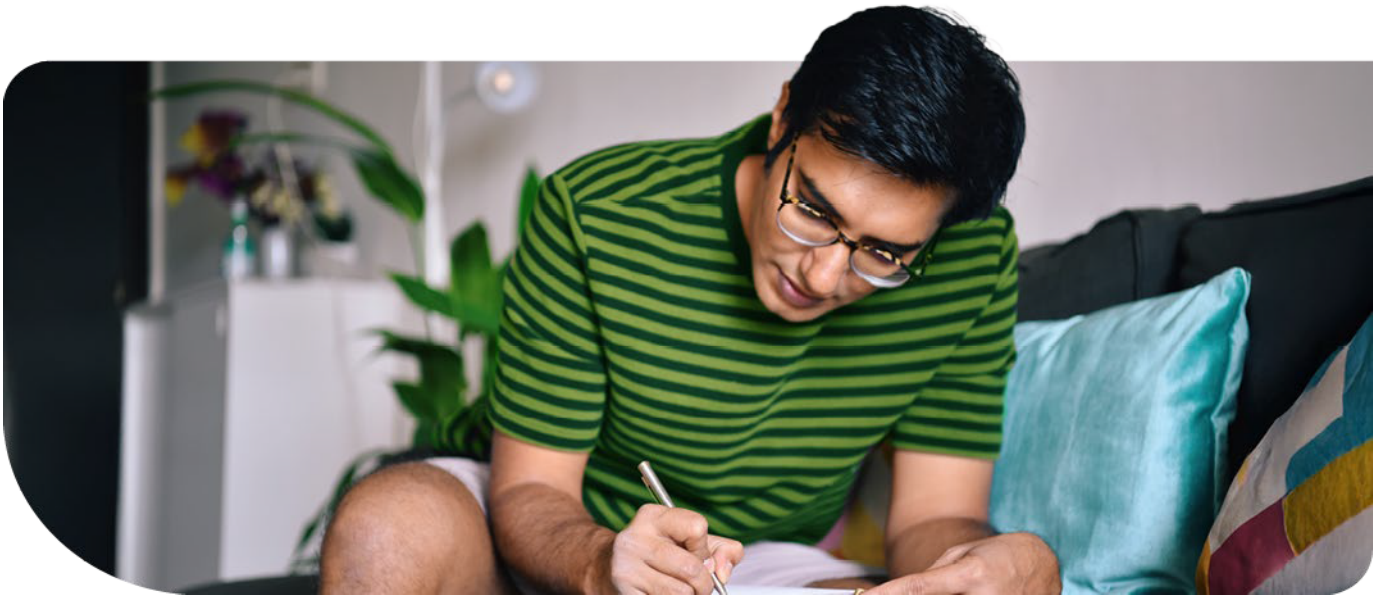
Teladoc HEALTH | Wellmark



Finish the year strong by prioritizing your health

At this time of the year, there's always so much going on. Between activities that require your presence and expectations from family and friends, it's easy to put your needs on the back burner.

When you're busy, it's important to take moments for yourself. Stick with your regular routines as much as possible. That means eat the foods that work for you. Keep up with your regular exercise and rest goals. And remember to take a few moments each day to check in with yourself. In other words, give yourself the gift of wellness.

With the closing of the calendar year, many use this time to take stock of accomplishments. But it's also a time to take a beat and make sure you're taking care of those appointments that keep your health on track.

Many insurance plans reset on the calendar year.
This means that your benefits and deductibles may reset and cost you more in the coming year. Getting care now can help you save money and start the new year off right.

So seize the day and make sure you're up to date
with recommended medical appointments and preventive tests.

Your health needs maintenance, too

Like a car needs an oil change or tune-up, your body requires regular preventive maintenance, or at least a check-in to see all is running properly. The following are the basics:

Primary care checkup

Once every year, see your primary care provider.[1] Your overall health will be evaluated, medications reviewed and family history updated. This is where your blood pressure, cholesterol, diabetes and mental health statuses are evaluated. Your vaccinations and cancer screenings are also reviewed to be sure they are up to date.

Dental exam and cleaning

Most people should visit the dentist every six months for a routine exam and cleaning.[2] It helps prevent tooth decay, gum disease and infections. Regular checkups also help detect bigger health concerns like oral cancer.

Eye exam

Adults should get regular eye exams and disease screenings, even if you don't have vision problems.[3] These should be completed more often if you have diabetes, high blood pressure, your vision changes or you wear corrective lenses. Your doctor will determine the frequency of your visits.

Women's health visits

Each year, women should visit a gynecologist or primary care provider for a checkup. At these appointments, possible screenings for cervical and breast cancers and more will be discussed.[4]

Skin exam

An annual visit to a dermatologist for an examination of your skin, moles or troubling spots[5] is recommended for most.

Taking care of yourself should be first on your list of year-end activities. The gift of health should not be taken for granted.

Learn how Teladoc Health can help support you on your wellness journey.
To sign up or learn more, go to TeladocHealth.com/smile/STATEOFIOWA

[1]https://www.cdc.gov/chronic-disease/prevention/preventive-care.html
[2]https://pmc.ncbi.nlm.nih.gov/articles/PMC11169959/
[3]https://www.aao.org/eye-health/tips-prevention/screening
[4]https://www.acog.org/womens-health/infographics/reasons-to-see-your-ob-gyn-this-year
[5]https://www.skincancer.org/early-detection/annual-exams/

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