

Preventive Health & Wellness Guide

Preventive screenings help identify potential health risks before symptoms appear. Early awareness gives you the opportunity to make informed decisions about your health and discuss next steps with your healthcare provider.

When to Consider Preventive Screenings

People choose preventive screenings for many reasons. Some common situations include:

- Reaching age 40 or older
- Wanting a clearer picture of their current health
- Family history of certain conditions
- Limited time for traditional doctor visits
- Interest in taking a more proactive approach to health

Preventive screenings can be a helpful starting point for understanding your health and discussing next steps with a healthcare provider.

Everyday Habits That Support Long-Term Health

Simple daily habits can play an important role in supporting long-term health and well-being. Small changes over time can help maintain energy, balance, and overall wellness.

Short actionable tips:

Movement

- Aim for regular physical activity such as walking, stretching, or light exercise.

Nutrition

- Focus on balanced meals with fruits, vegetables, whole grains, and lean protein.

Sleep

- Adults typically benefit from 7–9 hours of sleep per night.

Stress management

- Practices like mindfulness, nature walks, or hobbies can support overall well-being.

Health Awareness Questions

Taking a moment to reflect on your health habits and screenings can help you better understand where you stand today – and what steps might support your well-being moving forward.

- When was my last preventive screening?
- Do I know my current cholesterol or blood pressure levels?
- Am I scheduling time for regular health checkups?

AwareWell's Approach

AwareWell provides convenient, community-based screenings designed to make preventive health easier and more accessible. Our goal is to give you clear insights so you can follow up with your healthcare provider if needed.

Preventive screenings are not diagnoses, but they can provide helpful information that supports proactive health decisions.



Questions about your screening?

Visit www.awarewell.com