

GROWING WELLNESS



What is Preventive Care?

Preventive care is a type of health care whose purpose is to shift the focus of health care from treating sickness to maintaining wellness and good health.

In its broadest definition, prevention includes a healthy lifestyle, exercise, diet and other similar efforts. Preventive care in a medical setting includes a variety of health care services, such as a physical examination, screenings, laboratory tests, counseling and immunizations.

Regular health evaluations will help keep you healthy and prevent more serious problems later.



Live Well, Work Well

The August edition of Live Well, Work Well is here to help prioritize your wellness, understand cortisol, and what medications might be making it harder to handle the heat!

National Monthly Awareness

August is National National Wellness Month, recognized annually in August, is meant to encourage people to prioritize self-care, build healthy routines and support their physical, mental and emotional well-being. When we invest in our well-being, we're better equipped to handle stress, maintain relationships and perform at our best—both personally and professionally.

