



**"AN OUNCE
OF
PREVENTION
IS WORTH A
POUND OF
CURE."
- BENJAMIN
FRANKLIN**

You 

**WHY IS
PREVENTATIVE
CARE SO
IMPORTANT?
CLICK [HERE](#)**

 Presented by:
The Partnership
for a Healthier Carroll County

8 Dimensions of Wellness

PHYSICAL



WEEK 4 - DAY 5

WORKSITE WELLNESS



PREVENTATIVE CARE

- DO YOU VISIT YOUR DOCTOR, DENTIST OR OTHER HEALTHCARE PROVIDER FOR ROUTINE CHECKUPS?
- DO YOU KNOW HOW TO PERFORM SELF-CHECKS SUCH AS BLOOD PRESSURE, WAIST CIRCUMFERENCE, AND BLOOD SUGAR TO PREVENT CHRONIC CONDITIONS LIKE DIABETES?

BE SURE TO...

- Discuss preventative health care with your doctor
- Schedule preventative screenings
- Schedule well-child and well baby visits



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL