

# PREVENTATIVE HEALTH WORKSHEET

**Objective:** To understand the value of preventative health care and identify ways to apply it in your daily life.

## Section 1: What is Preventative Health?

Read the definition below and underline the key words:

“Preventative health refers to actions taken to prevent illness or disease, rather than treating it after it happens. This includes regular check-ups, vaccinations, healthy lifestyle choices, and screenings.”

How would you define preventative health in your own words?

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## Section 2: What is Covered?

List 3 preventative health services that are typically covered by health insurance.

- 1.
- 2.
- 3.

## Section 3: Benefits of Preventative Health

Draw a line connecting the benefit to the correct description.

<b>Saves Money</b>		Prevents illness or catches problems early when they're easier to treat
<b>Early Detection</b>		Keeps you energized, reduces stress, and improves quality of life
<b>Improves Wellbeing</b>		Reduces healthcare costs over time by avoiding serious treatments

## Section 4: Preventative Health Checklist

Check off what you've done in the last 12 months:

- ☐ Had a physical or wellness check-up
- ☐ Got a dental cleaning
- ☐ Got vaccinated (flu, COVID, etc.)
- ☐ Was screened for any health condition (cancer screening, blood pressure)

If you haven't done any of the above, list anything that prevented you.

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## Section 5: Reflect & Respond

Answer in 1-2 sentences each:

Why do you think some people avoid preventative health care?

How could regular check-ups help you in the long run?



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