

Healthy Habits

HEALTHY HABIT #2

Check out checkups

Regular medical and dental checkups are essential to maintaining a healthy lifestyle.

A routine visit to the doctor and the dentist can identify health problems that are just developing and often allows for treatment before a condition escalates. Even children need to be examined regularly to monitor their health and development, and to ensure that they receive adequate immunizations.

Most medical professionals agree that finding health-related issues early is the key to treating them effectively. The recommended tests to be performed at a checkup vary depending on age and gender, but most routine exams should accomplish the following:

- Provide a chance to discuss health prevention and concerns with your medical provider
- Help determine your disease risk based on family history and lifestyle
- Give the doctor an opportunity to examine you, check blood pressure and evaluate height and weight proportions

As with medical checkups, the health of your teeth depends on regular visits to your dentist. Most people understand that these appointments are good for dental health, but many may not realize how important they are for overall health. Several diseases can affect oral health, and some drugs can



increase the risk of tooth decay. By the same token, oral health can affect other medical conditions.

Fortunately for Costco employees, our health benefits through Aetna provide for both annual medical checkups and bi-annual dental exams for benefit-eligible employees and their family members who are enrolled in the plans. There is little or no cost to you under our benefit plans, and none of these preventive services are subject to a plan deductible. For more information on our benefits, visit www.costcobenefits.com or call 1-800-814-3543.