Fact Sheet

Screenings important to senior health

Older adults can protect their health with important preventive services like screenings, immunizations, and annual wellness checkups. Preventive services help lower health risks, prevent or delay chronic disease, and reduce medical care costs. Most of these services are covered by nearly all insurance plans, including Medicare and Medicaid, yet less than half of adults 65 and older are up-to-date with core preventive services.

Health screenings are one very important preventive service. Screenings look for diseases before they cause symptoms. When diseases like diabetes, osteoporosis, and breast cancer are found early, they are easier to treat. Which screenings a person needs depends on their age, gender, family medical history, and risk factors.

Before getting screenings, senior adults should ask their health care provider:
- Can you describe the test and explain why I need it? What will it show about my health?
- Will my insurance cover the cost? If not, how much will I need to pay?
- How should I prepare for the test? (for example: fasting, shower)
- Will there be any side effects?
- When will I learn the results of the test?

Senior adults should ask the health care provider to clearly explain the test results and provide a written copy. They may want to invite a spouse or adult child to accompany them to learn about the test results, to make sure they clearly understand the results and the next steps.

Screenings and wellness visits are very important pieces to living a healthy lifestyle. Senior adults who get recommended preventive services and make healthy lifestyle choices are more likely to stay healthier and function independently longer.

Learn more by visiting www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!

Phelps/Maries County Health Dept

200 N Main, Suite G51, Rolla, MO 65401
(573) 458-6010 office
www.phelpscountyhealth.com