Your SMART SAFETY Moment

Preventive Care

See a doctor, in sickness and in health.

Preventive care is important. All adults should have regular physical exams so a doctor can catch any health problems in the earliest stages. Early diagnosis and treatment result in the best long-term outcome. Get regular eye care for vision problems and to check for glaucoma and other eye diseases. Most dentists recommend a cleaning and checkup every six months — and brush your teeth at least twice a day and floss once a day. If you work around loud noise, have your hearing tested at least once a year.

Preventive care can help prevent illness, reduce medical bills and help you to live a longer life.

And that's smart safety!

For additional information or guidance, contact your safety office.