

The Importance of Preventative Care

Good health doesn't just happen—it's something we build over time with care and attention. One of the best ways to stay healthy as we age is through preventative care.

Preventative care means catching potential health issues early—before they become bigger problems. It includes regular checkups, screenings, vaccinations, and making healthy lifestyle choices.



Why is Preventative Care So Important?

1. Catch Health Issues Early

Many conditions, like high blood pressure or diabetes, don't have obvious symptoms at first. Routine checkups and screenings can help detect these issues early—when they're easier to manage or treat.

2. Stay Independent Longer

By staying on top of your health, you're more likely to maintain your strength, mobility, and energy—helping you stay active and independent in your daily life.

3. Save Time, Money, and Stress

Preventing illness is often easier and less expensive than treating it. Staying healthy can mean fewer hospital visits, fewer medications, and more time doing the things you enjoy.

4. Keep Your Immune System Strong

Vaccines like the flu shot, pneumonia shot, or shingles vaccine help protect your immune system as you get older. This is especially important for seniors, since the risk of complications from illness can be higher.

5. Support Your Mental Well-Being

Taking care of your physical health supports your emotional and mental wellness, too. When your body feels good, your mind often does too—and regular doctor visits give you peace of mind.

Simple Steps You Can Take

- Schedule annual wellness visits
- Stay current with recommended vaccines and screenings
- Talk with your doctor about any changes you notice
- Eat well, stay active, and get enough rest

Even small choices can make a big impact over time.

Looking for a Community that Supports Your Health?

Many senior living communities make preventative care easier by offering on-site wellness clinics, fitness programs, and supportive health services.

Covenant Living Communities and Services is proud to create environments where wellness comes first. From active lifestyles to proactive care, we're here to support your health every step of the way. Learn more on our website

Please select one of our locations by visiting www.covliving.org/locations to learn more about the services we provide.