**Life is busy, but getting routine preventive care is worth the time**

Even if you don’t have symptoms, regular health screenings are important.

Visit your primary care doctor to get the screenings that are recommended for you. Don’t have one? It’s time to get one.

People who have a primary care doctor are more likely to:

* Have better health
* Get the right care, including recommended preventive services
* Use the health care services they need, when they need them

And here’s some good news. Most health plans cover preventive care at 100 percent. That means you don’t pay out-of-pocket costs when you go to a clinic in your plan’s network.

Schedule an appointment with your primary care doctor to get the care you need to stay healthy for years to come. If you don’t have a primary care doctor, log on to your *my*HealthPartners account at **healthpartners.com** to search for one.

To see what screenings and immunizations are recommended for you, visit **healthpartners.com/preventive**. Just enter your age and gender.