

Churi Doctor Ren Om Kopwe Pechekun

Met wewen om kopwe eto churi doctor ren om kopwe check ren inisum pwata e auchea?

Kopwe eto churi doctor ren om kopwe chek unusen on inisum faniten kopwe pechekun pwan om kosap semwen. Iwa pwata kopwe churi doctor ika kese semwen? Mecheresin penuwan pwe ika ka eto chek nge kemi pechekun iwa kafen sinei pwe kemi pechekun ka nonom nge ka sinei pwe kemi pechekun.

Ren awewe, ren om kopwe angei appwos pwe ina pwan eu tumunun inisum . Pun appwos epwan epeti ekewe sokopatin semwen mi nomwefeten, ren chowe an semwenin mater, parang, kilingaw, covid-19 me ekewe ekoch semwen.

Nge auchean om kopwe eto churi naum doctor pwe epwe chekiuk iwa epwe erenuk ika emi toruk ika ese toruk ekewe semwen. Ika kemi nom on ekewe semwen iwa epwe tongeni anisuk ren om kopwe pechekun.

Ikei napanapan an epwe chekiuk:

- **Epwe akom cheki on inisum meinisin ren:** angei chaamw, fichi sasingom me pwan ekewe ekoch
- **Chekin Cancer:** pun ekoch aramas rese sinei pwe rakan cancer nge mi or ekewe sokun kinikinin cancer. Ina pwata mi pwan iech an epwe pwan fichi sasingom pun repwe sinei ifa neketaman ngawenom ika ka cancer. Ren fefin me mwen mi pwan or sokofesenin an ekan fis ngenir ian ren ar cancer. Ren fefin pun mi kan or ar repwe fichi sasingen ren screening ren aupur me pwan ren ekewe ekoch rekan chekir ren cancer.
- **Ren appwos ren semirt** ar repwe angei.
- **Ren appwos ren wate** ar repwe angei ren apetin ren ekewe semwen ren; Tetanus, diphtheria and pertussis.
- **Ren pwan ekewe appwos** rekan angei iteiten year ren apwosin mater epwe ekisano ekewe semwenin mater ren ukukun 60%. Mi pwan auchea om kopwe angei ekewe appwos ena apos pwe emi enisuk seni ekewe semwen pun ika kose angei mi tongeni epwe wate ngonuk ewe mater iwa mi tongeni eselipata ach sipwe mochuno non imw.

Nge ika kafen eto chek nge kemi mefi pechekun 100% kese pwan meni

Met epwe fis ngonuk ika kose kan eketo churi doctor ren om kopwe checkup?

- Chechemeni pun ika kese eketo churi doctor ren om kopwe check. lei met epwe fis ngonuk

Ekewe sokun semwen ren mater me ekewe sokopatin semwen.

- Nge ika e or om kapas eis ren ifa usun om kopwe churi doctor ren check kose mochen kokori ei nampa 712-243-2850.

Ren om kopwe amasew naum Health insurance kokori ei nampa 712-250-8041

Preventive Health Care

What is preventive care and why is it important?

Preventive health care is all of the things you do to stay healthy, so that you do not get sick. So why should you go to the doctor when you are healthy? The simple answer is that preventive care can help you stay healthier.

For example, immunizations are considered preventive care. That is because vaccines help protect you and those around you from diseases like tetanus, measles, chicken pox, seasonal flu, and COVID-19.

But preventive care can also help identify health problems like high blood pressure, diabetes, or certain cancers. When doctors find these problems earlier, that is good for you. Finding health issues early helps your doctor treat the problem right away and reduces your risk of developing other health conditions.

Preventive health care examples:

- **Your annual checkup** – Your yearly checkup can include a physical exam, important general health screenings for high blood pressure, cholesterol, and other health conditions.
- **Cancer screenings** – Most people do not experience cancer symptoms in the earliest, most treatable stages. That is why screenings are recommended at certain times and ages during your life. For example, it is recommended that both men and women begin colorectal cancer screenings at age 45. Other preventive screenings for women include Pap tests and mammograms. For men, prostate tests to screen for prostate cancer might be recommended.
- **Childhood immunizations** – Immunizations for children and teens.
- **Adult immunizations** – These include Tdap (tetanus, diphtheria and pertussis) boosters, and immunizations against pneumococcal conjugate and shingles.
- **Yearly flu shot** – Flu shots can help reduce your risk of getting the flu by up to 60%. And if you do still get the flu, having the flu vaccine can significantly reduce the chances of serious flu symptoms that could lead to hospitalization.

Most preventive care services will not cost you.

Most health plans are required by law to cover eligible preventive services at 100%.

What is not considered preventive care?

Remember, preventive care happens before a problem is identified. Here are some examples of things that are not preventive care:

- Doctor visits for a specific need such as a cold or flu, seasonal allergies, rashes, or minor injuries.
- Certain appointments with specialty doctors such as dermatologists, allergists, or cardiologists, depending on your insurance coverage.
- Diagnostic tests and screenings to learn more about a suspected or known medical condition
- Anytime you are seen at the Emergency Department.

Are you due for your yearly preventive care checkup?

If you are not sure what preventive care you're due for, get in touch with your doctor. You can call and leave a message with their nurse. Or, if you know that it's time for your yearly appointment, we have many doctors who you can choose from! Call 712-243-2850 to make an appointment.

Preventive Care & Health Insurance Questions

If you need help signing up for health insurance or have questions about what your insurance covers, we can help. Make an appointment with our Patient Financial Advisors by calling them at 712-250-8041.