

Preventive Care

What is Preventive Care?

Preventive care refers to regular checkups, screenings, and healthy lifestyle practices that help identify potential health concerns early or prevent them entirely. It emphasizes being proactive rather than waiting for problems to arise. Taking these preventive care steps can prevent up to 80% of heart disease, stroke, and Type 2 diabetes cases, as well as 40% of cancers (World Health Organization).

WHY PREVENTIVE CARE MATTERS

Many life-threatening conditions often develop silently over time, receiving preventive care helps identify warning signs early, so treatment is the most effective.

Many serious health conditions—including diabetes, heart disease, and certain cancers—can often be prevented or managed more effectively when detected early. Preventive care supports long-term wellness, reduces health risks, and can help avoid significant medical costs in the future.

PREVENTIVE HEALTH STEPS TO TAKE

- **Annual Checkups** - Visit your Primary Care Provider annually, even if you feel well (Aetna member site | Kaiser member site).
- **Screenings and Tests** - Stay current on recommended blood pressure, cholesterol, and diabetes tests, and cancer screenings.
- **Vaccinations** - Keep your immunizations up to date to protect yourself and others.
- **Healthy Habits** - Exercise regularly, maintain a balanced diet, and limit substance use.
- **Track Your Numbers** - Monitor key health indicators such as blood pressure, cholesterol, and BMI.
- **Be Mindful of Your Body** - Take note of changes or warning signs and consult your provider promptly.



THRIVE WELLNESS PROGRAM

University Resources

- Healthy on Campus Dining Options
- Free group fitness classes
- State-of-the-art facilities, including, tennis and pickleball courts, lap pool, track and field, and a fully equipped fitness center
- Substance Misuse and Addiction resources through Health Advocate Tobacco Cessation Program
- Pacific Health and Wellness Preventative Health Screenings, Quest Biometric Screenings
- Employee Assistance Program (EAP)
- Calm for Kaiser members
- **Scan the QR code below to access additional resources and helpful links**

Contact Information

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