

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](#), as well as [cancer screenings](#).
- **Track Your Numbers** - Monitor [key health indicators](#) such as blood pressure, cholesterol, and BMI.
- **Vaccinations** - Keep your [immunizations](#) up to date to protect yourself and others.
- **Healthy Habits** - Exercise regularly, maintain a balanced diet, and limit substance use.
- **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 fitness facilities](#)
- [Substance Misuse and Addiction resources through Health Advocate](#)
- [Pacific Health and Wellness Preventative Health Screenings](#), [Quest Biometric Screenings](#)
- Heavily subsidized health insurance plans through [Aetna](#) and [Kaiser Permanente](#)
- [Employee Assistance Program \(EAP\)](#)
- [Regular physician-led webinars and seminars through our medical partners](#)
- **Scan the QR code below to access additional resources and helpful links**

Contact Information

Health Advocate

myhealthadvocate.pepperdine.edu
866.799.2728

Pepperdine Human Resources

humanresources@pepperdine.edu
310.506.4397



PEPPERDINE
UNIVERSITY