

# Preventative Health

## Preventative Health Steps to Take:

1. Annual Checkup - Visit your primary care provider each year, even if you feel well.
2. Screenings and Tests - Stay current on blood pressure, cholesterol, diabetes, and cancer screenings recommended.
3. Vaccinations - Keep immunizations up to date to protect yourself and others.
4. Healthy Habits - Exercise regularly, maintain a balanced diet, and limit substance use.
5. Track your Numbers - Monitor key health indicators such as blood pressure, cholesterol, and BMI.
6. Be Mindful of Your Body - Take note of changes or warning signs and consult your provider promptly

## Pepperdine Resources:

- [Health Advocate, Cancer Screening Guide](#)
- [Farmers Market, Farm Fresh to You, Healthy On-campus Dining Options, Healthy Recipes \(Health Advocate\)](#)
- [DermaScan Facial Screenings](#)
- [Campus Facilities and Equipment, Virtual Pacific Coast Trail](#)
- [On-campus Free Group Fitness Classes, Wellness Coaching Services \(Health Advocate\)](#)
- [Tobacco-Cessation Program \(Health Advocate\)](#)

## Contact Information

- **Health Advocate**  
myhealthadvocate.pepperdine.edu  
866.799.2728
- **Pepperdine Human Resources**  
humanresources@pepperdine.edu  
310.506.4397