



It's preventive care that keeps you healthy.

How long has it been since you've had a routine checkup? Are you up-to-date on health screenings and immunizations? Making preventive health a priority is one of the most important steps you can take to manage your health.

Preventive care helps protect against disease and provides early detection of certain health conditions. To assist you with your preventive care needs, review the [2023 Health Maintenance Guidelines](#) for recommendations on checkups, screenings and immunizations for you and your family.

Review the guidelines, then talk with your doctor about what's right for you.

Stay up-to-date

Changes to recommendations occur throughout the year. Use a mobile device to scan and view the most recent recommendations on sutterhealth.org



sutteremployer.org