

HEALTH GREENVILLE RANCHERIA

Preventive Health Care

What is the difference between an annual physical vs preventive health screening? An “Annual Physical Examination”, “Routine Physical” or “Check-up” is a Preventive visit that specifically focuses on promoting health and wellness. The purpose of a routine Preventive Health Screening is to identify potential health problems in the early stages when they may be easier and less costly to treat.

Having a preventive visit allows your doctor and/or your dentist to evaluate your medical health or oral health and make sure you get the right screenings for your age, gender and family history. This visit can help you stay healthy and may help you identify health concerns before they become a long-term condition.

This exam is prevention-focused rather than problem-focused. That means it is designed to prevent minor issues from becoming serious. It is not meant to evaluate, diagnose or treat existing problems.

If you have an existing problem that needs to be addressed during your preventive office visit, such as high blood pressure, diabetes, skin rash, high cholesterol, headaches, etc., your provider may bill part of the exam as your annual preventive exam, and part of the exam as treatment of your diagnosis.

Nationally, Americans use preventive services at about half the recommended rate. Cost-sharing such as deductibles, co-insurance, or copayments also reduce the likelihood that preventive services will be used. One study found that the rate of women getting a mammogram went up as much as 9% when cost-sharing was removed. Chronic diseases, such as heart disease, cancer, and diabetes, are responsible for 7 of every 10 deaths among Americans each year and account for 75% of the nation's health spending. These chronic diseases can be largely preventable through close partnership with your healthcare team, or can be detected through appropriate screenings, when treatment works best. www.cdc.gov

The American Dental Association recommends you see your dentist every six months. Preventive dental care can help you reduce or avoid future costs by preventing and finding potential issues sooner. Because many diseases and conditions first show signs in your mouth, good dental health helps to avoid cavities, gum disease, enamel wear, and more. ...

Check with your insurance company about your preventive care: What's covered, What's not and What screenings you need and how often do you need them? Such as; breast exams, every 24 months and mammograms,

one baseline 35-39 years old, annually, 40+.
(subject to your insurance guidelines)

In other words, being seen by your doctor once a year won't necessarily keep you from getting sick, or even help you live longer. It is about 'managing your health' and 'staying healthy'.



HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am – 5pm.
Medical every Saturday, 8am - 5pm and
Dental every Saturday, 8am - 4:30pm

Transportation available for
established patients.

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 – DENTAL CLINIC 284-7045 410 MAIN STREET