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July is the start of the new health plan year and it is a perfect season to take time to focus on your own health and wellness, especially in these uncertain times. I am Jeff Kantorowski with SCHOOLCARE and NEA-NH sharing a little bit of info about preventive care.

We know it is important to eat right, exercise and keep stress to a minimum. But you can also take a little control over your own health by getting routine preventive screenings such as an annual physical, your biometric numbers, colon or prostate cancer, as well as a routine eye exam give you information to take action about your own health .Many of these screenings are covered 100% by your SCHOOLCARE medical plan and you can even receive an incentive for completing some of them.

I love being outdoors and enjoying activities like hiking, biking, and camping, and I want to be able to continue doing them as I grow older. My love for these activities motivates me each year to get my screenings and understand my numbers. I hope you will find the value in getting the screenings as well so you can continue to enjoy what you love.

Thanks!