

# Preventive Health Care for LIFE Program

**Preventive care is the most important step you can take to manage your health.** Many of the top risk factors leading to illness and premature death are preventable.

Preventive services are designed to prevent or detect health problems. Some examples include: annual health checkups/physical, immunizations, annual dental and eye exams, flu shot, mammogram, Pap smear, colonoscopy, and skin cancer screening.

The Macon County Employee LIFE Program and Employee Health Program encourages you to make those important preventive service appointments.

- Use the form below to record your Preventive Health Care appointments and receive 5 LIFE Points for each one; maximum points earned is 35 or 7 Preventive Health Care appointments.
- Send the form to Kristina Loughborough, [kloughborough@maconnc.org](mailto:kloughborough@maconnc.org) or Jen Germain, [jgermain@maconnc.org](mailto:jgermain@maconnc.org) or drop off at Macon County Public Health to receive your LIFE Points.

**Record the date, type of exam and Physician below to receive your LIFE Points.**

Date: \_\_\_\_\_ Type of Exam /Physician: \_\_\_\_\_

Date: \_\_\_\_\_ Type of Exam /Physician: \_\_\_\_\_

Date: \_\_\_\_\_ Type of Exam /Physician: \_\_\_\_\_

Date: \_\_\_\_\_ Type of Exam /Physician: \_\_\_\_\_

Date: \_\_\_\_\_ Type of Exam /Physician: \_\_\_\_\_

Date: \_\_\_\_\_ Type of Exam /Physician: \_\_\_\_\_

Date: \_\_\_\_\_ Type of Exam /Physician: \_\_\_\_\_

**I verify I received the care as listed above:**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Department**

