

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 service appointments and receive 5 LIFE Points for each one; maximum points earned is 35.
- Send the form to Kristina Loughborough, kloughborough@maconnc.org or Emily Ritter, eritter@maconnc.org or drop off at Macon County Public Health.

Record the date and type of exam and supply records, if possible.

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

