

THE IMPORTANCE OF PREVENTATIVE HEALTHCARE

Libcare 

As part of the Libcare's commitment to promoting overall wellbeing, we want to highlight the importance of preventative healthcare.

Preventative healthcare encompasses a range of proactive measures that aim to maintain and improve your health. By prioritising and practising preventative healthcare, you not only enhance your quality of life, but you also reduce the likelihood of developing serious health issues in the future.

Benefits of preventative healthcare

Here are some key benefits of incorporating preventative healthcare into your lifestyle.

01 

EARLY DETECTION AND TREATMENT

Regular screenings and check-ups allow healthcare providers to detect potential health concerns in their early stages when they are most treatable. This proactive approach can significantly increase the chances of successful treatment and recovery.

02 

IMPROVED QUALITY OF LIFE

By addressing health risks and adopting healthy habits, like maintaining a balanced diet, regularly exercising and managing stress, you can enhance your overall wellbeing and enjoy a higher quality of life.

03 

COST SAVINGS

Investing in preventative healthcare can lead to long term cost savings by reducing the need for expensive medical interventions, hospitalisations and emergency care. Prevention is not only beneficial for your health but also for your financial wellbeing.

04 

ENHANCED LONGEVITY

Prioritising preventative healthcare can contribute to a longer and healthier life. By taking proactive steps to protect your health today, you increase your chances of enjoying a fulfilling and active lifestyle in the years to come.

We encourage you to prioritise your health and wellbeing by embracing preventative healthcare practices. Whether it's scheduling regular check-ups, staying up to date on your vaccinations, or adopting healthy lifestyle habits, every small step you take towards prevention can make a significant difference in your health outcomes. If you have any questions or need help accessing Libcare's preventative healthcare benefits, please contact us on 0800 12 CARE (2273) | Operating hours: 08:00 - 17:00 Monday to Friday, or via email on enquiries@libcare.co.za.

For more details on **Libcare's Preventative Care Benefit** please see **Member Guide** (page: 23).