



# HEALTH CHECK UP 1

## CONTRACEPTIVE CARE

Contraceptive care involves methods and counseling to prevent unintended pregnancies. It includes various options such as birth control pills, intrauterine devices (IUDs), condoms, patches, injections, and more.

- [Birth Control Resources](#)
- [Medicaid Reimbursement for Postpartum Larc](#)

## PREVENTATIVE SCREENINGS

Preventive screenings play a crucial role in maintaining health and preventing serious illnesses. Individuals should undergo screening to detect potential health issues early. Certain screening procedures are recommended during pregnancy.

- [Preventative Services](#)

## PRIMARY CARE

Primary care is a comprehensive approach that addresses the majority of a person's health needs throughout their lifetime. It encompasses physical, mental, and social well-being, emphasizing a whole person-centered rather than a disease-centered approach.

Immunizations are needed by adults as vaccinations as immunity from childhood vaccines can wear off over time. Adults are also at risk for different diseases than children. Vaccination is one of the most convenient and safest preventive care measures available.

- [Vaccines](#)
- [March of Dimes Preconception Health Care](#)
- [Preconception Counseling Checklist](#)
- [What Happens at an Ob-Gyn Checkup and Why?](#)