



NEWS RELEASE

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FOR IMMEDIATE RELEASE

Take Charge of Your Health – Preventative Care and Screenings

Julesburg, Colo. – June 7, 2022: The huge disparity in cancer outcomes in rural Colorado is so pronounced that the National Institutes of Health lists “rurality” as a risk factor for death from the disease. Because of that, the University of Colorado Cancer Center has been granted funding to look into why there is such a gap and to help create a strategy to inform and increase awareness in these communities. Sedgwick County has been identified as one of those communities that is experiencing a disparity in the stage of onset diagnosis and survivability of known curable cancers.

Preventative care and screenings are an integral part of turning the numbers around, saving more lives, and improving overall health. Monitoring your weight, blood pressure, and cholesterol annually can reduce the risk of developing heart disease and diabetes. Routine screenings can help identify illnesses earlier, managing them more effectively and treating them before they become more complicated conditions. In most cases, early detection will make services and treatment more affordable.

Since 2010, the Affordable Care Act (ACA) has required private health plans to provide coverage for a range of preventative services without imposing such patient cost-sharing as copayments, deductibles, or co-insurance for those receiving services. These requirements apply to all private plans – including individual, small group, large group, and self-insured, even those with high deductibles or considered Catastrophic Health Coverage. There are some rules that plans and policy

holders must follow, so check your policy to find out what is covered and how often. If you are uninsured there are other options available and can be reviewed at [healthcare.gov](https://www.healthcare.gov) and connectforhealthco.gov. If you are unable to afford health insurance, Health First Colorado (or Medicaid) is public health insurance for those who qualify. It also covers screenings and physicals along with women's wellness visits and mammograms. Qualification is based on a person's or family's monthly income. Go to www.healthfirstcolorado.com for more information or to see if you qualify.

To be the best you, in 2022, take charge of your health! Schedule a preventative care appointment with your doctor and find out what screenings are appropriate for you.

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