



You, at the ♥ of everything we do!

What is Preventive Care?

Preventive care is a type of health care with the purpose to shift the focus from treating sickness to maintaining well-being and good health. Preventive care occurs before you feel sick or notice any symptoms and is designed to prevent or delay the onset of illness and disease.

Why use Preventive Care?

Preventive care for medical and dental is covered at 100% through Refresco medical plans. Through the Delta Dental plan, employees get three complimentary cleanings and exams within 12 months! Vision care is also an important part of preventive care. Vision exams are just a small copay, and are covered once every calendar year with Refresco vision insurance.

Use this handy checklist to keep track of your important preventive care appointments.

Medical

My last annual preventive care exam was on:

My next annual preventive care exam is scheduled for:

Things I want to discuss with my doctor at my appointment:

Dental

My last cleaning appointment was on:

My next cleaning appointment is scheduled for:

Things I want to discuss with my dentist at my appointment:

Vision

My last annual vision care exam was on:

My next annual vision care exam is scheduled for:

Things I want to discuss with my doctor at my appointment:



Scan the QR code to view all benefit/vendor contact information!

Please reference the 2024 Refresco Benefits & Well-being Guide for more information.

