THE IMPORTANCE OF
PREVENTIVE HEALTH CHECK-UPS

Health is wealth

In today's fast-paced world, maintaining good health is essential. Equally essential is to realise that one need not visit doctors only when unwell. Rather one should go for regular preventive health check-ups that can help detect potential health issues before they become serious. In fact regular screenings and tests are invaluable as they can lead to early diagnosis, better treatment outcomes and improved overall well-being.

What Are Preventive Health Check-ups?

Preventive health check-ups involve routine medical tests and screenings that help assess a person's overall health. These check-ups help identify risk factors for chronic diseases such as diabetes, hypertension, heart disease and certain cancers.

Vaccinations, lifestyle counseling and monitoring of essential health parameters like blood pressure, cholesterol levels and blood sugar are also part of a preventive health check up regime.

At Mediplus, you can avail all these and much more. In fact, cardiac health check-up is a speciality here with tests like Calcium Scoring helping you understand your risk percentage of getting a heart attack.

Some benefits of Preventive Health Check-ups

Preventive Health Check Ups have significant benefits which include:

- **Early Detection of Diseases:** Many serious illnesses, such as cancer and heart disease show symptoms only in advanced stages. Regular screenings help detect these conditions early, making treatment more effective and less costly.

- **Cost-Effective in the Long Run:** Preventing a disease is always more affordable than treating it. Early detection reduces the need for expensive surgeries, long-term medications, and hospital stays.

- **Increases Life Expectancy:** Regular check-ups allow individuals to take necessary actions to prevent or delay diseases. In this way, people can lead longer, healthier lives.

- **Reduces Stress and Anxiety:** Regular check-ups assure you that your health is fine boosting your peace of mind and reducing stress related to health uncertainties.

- **Promotes a Healthy Lifestyle:** Doctors often provide valuable advice on diet, exercise, and other lifestyle changes during preventive check-ups.

How Often Should You Get a Check-up?

The frequency of preventive health check-ups depends on factors such as age, medical history, and lifestyle. Generally:

- Young adults (20–40 years) should get a check-up every 2–3 years.

- Middle-aged individuals (40–60 years) should go for annual screenings.

- Seniors (60+ years) should have regular health assessments every 6–12 months.

Preventive check-ups help maintain long-term health. By identifying risks early, you can prevent major health complications. Prioritising regular health screenings is a definite must.

Preventive health check-up packages offer tax benefits under Section 80D of the Income Tax Act, allowing individuals to claim deductions up to ₹5,000 for expenses incurred on these check-ups. This not only promotes health awareness but also provides a financial advantage during tax assessments. Additionally, these deductions can be claimed for expenses related to spouses, dependent children, and parents, making it a comprehensive benefit for families. Payments made in cash are also eligible for deductions, unlike many other health-related expenses, enhancing accessibility for individuals seeking preventive care.