## CIRRUS MD

## Preventive Care:

The Ultimate Form of Self-Care



## Preventive healthcare at your fingertips.

CirrusMD doctors can assist you in understanding your risk factors and managing conditions related to preventive care.

Additionally, they can provide guidance on the appropriate timing and reasons for screening for specific conditions.



Download the CirrusMD app today.

At CirrusMD we strive to resolve as many conditions and health-related inquires as possible on our service. Sometimes our board-certified physicians may need to refer patients to in-person providers to receive the best medical care.

## When to use CirrusMD for Virtual Preventive Care

Prevention visits: CirrusMD can be a great option for individuals to have prevention visits, without having to leave their home or take time off work. This can help individuals stay up to date with their preventive care needs, such as when they need vaccinations and screenings.

Chronic disease management: CirrusMD can also be useful for individuals with chronic conditions, such as diabetes, heart disease, high cholesterol and more who require ongoing monitoring and management. Through follow up conversations CirrusMD physicians can track the individual's health status and adjust their treatment plan as needed.

Wellness: CirrusMD can also be used for wellness care and education, such as smoking cessation, healthy eating habits, and behavioral health needs. Wellness care can help individuals make healthy choices and prevent chronic diseases