



Surviving the System: Health Screenings

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Austin, TX - When it comes to your health, cutting corners to cut costs could mean you'll spend more in the long run.

Most [physicians](#) strongly promote preventative health care and getting medical screenings is one way to be proactive about your health. While some may avoid getting these tests done due to the expense, in the long run they can save money, and maybe even lives. Joyce Adams and her husband are spending some time taking care of their health. They're getting screened for five medical conditions including [heart disease](#), stroke and osteoporosis -- conditions that people may not realize they have.

"Often these problems are silent until they really get bad," said Dr. George Rodgers.

Dr. Rodgers is a cardiologist at St. David's North Austin. He says getting these screenings can be lifesaving.

"If you recognize that there's a problem, there are measures you can take to really change the course of that condition, really to the extent of preventing a heart attack, preventing a stroke," he said. Although the screenings can be costly, they shouldn't be cut from the budget, even in tough economic times. In the long run, they could ultimately save thousands of dollars in medical bills.

"To find out if you're health or not, I think it can save you a lot of money," said Craig Lindley with Health Yes. "You'll know what to do once you find out what the results are."

There are ways to save. Health Yes!, a mobile medical screening provider, packages these five tests together and sets up at half a dozen locations around Central Texas each week.

You can get all five tests for less than \$200, while going to a hospital or physician could cost hundreds more. "If we can ID these conditions early with a preventative approach, then we can bypass things," said. Bypass life-threatening conditions and avoid expensive medical bills. "I think it's good to know what's going on. The unknown is what you fear," said

Doctors recommend these screenings for people over age 40 and for people with a history of these conditions. Health Yes! provides screenings each week.