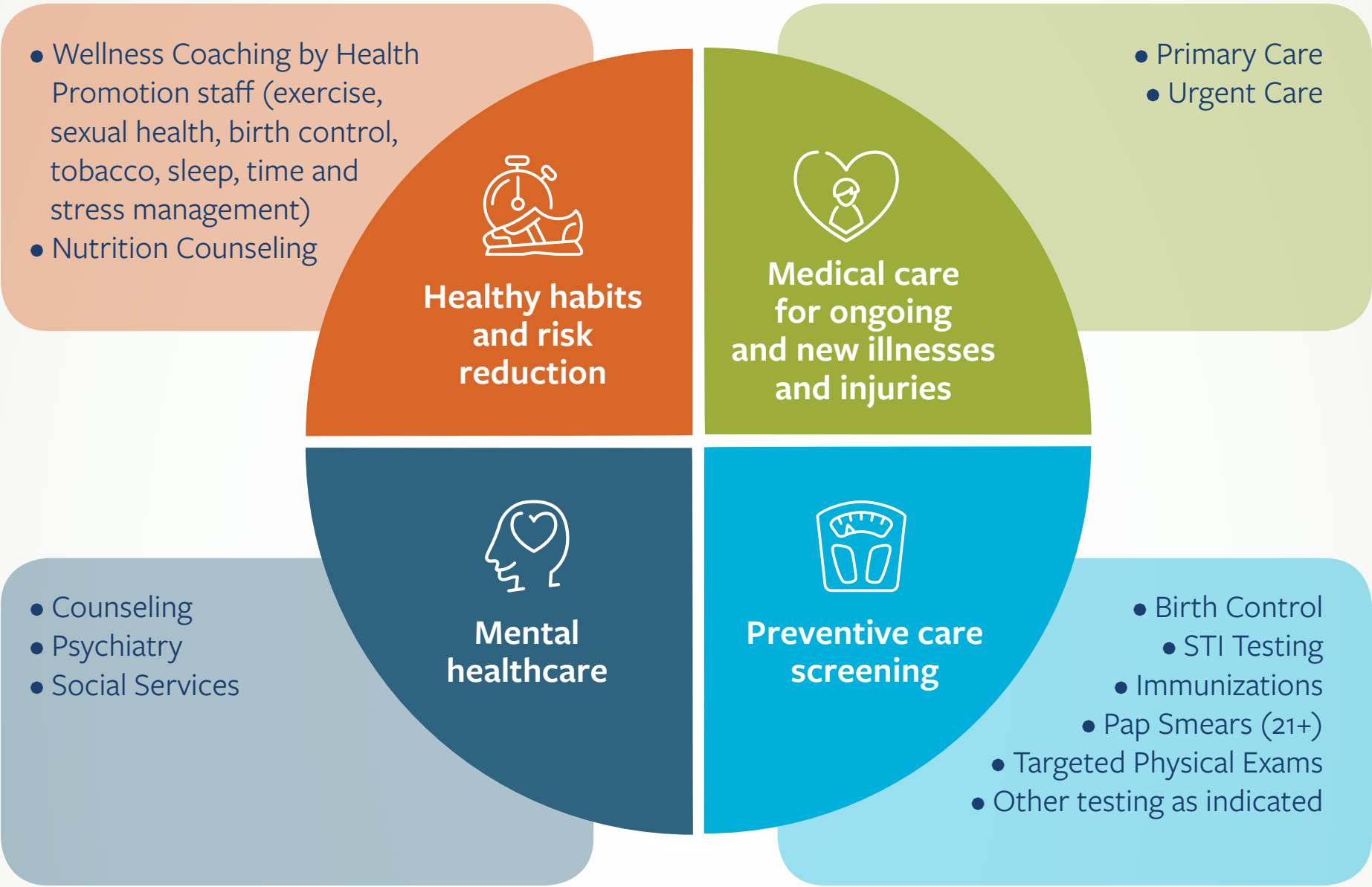


# Preventive Health and Wellness Care at UHS

Preventive health focuses on wellness, health maintenance, and disease prevention. It includes general counseling regarding healthy habits and practices, and specific advice and testing tailored to the individual depending on personal and familial health risks.

Below are the four components of wellness/preventive care at UHS:



## Why focus on wellness?

To help you reach your goals at UC Berkeley and beyond.

## Who are the members of the wellness team?

Health educators, nurses, doctors, nurse practitioners, social workers, counselors and psychiatrists.

## Do I need a physical?

Not necessarily, wellness and preventive healthcare have evolved over the years and are no longer a one-size-fits-all physical exam and routine battery of blood tests. Experts agree that preventive care should be uniquely tailored to each individual’s needs and health risks. In fact, testing when it is not needed can lead to actual harm: false positive tests and unnecessary treatment.

## Questions?

Call us at (510) 642-2000 or visit us online at [uhs.berkeley.edu](https://uhs.berkeley.edu).