

It's important to be aware of health activities that can prevent disease and illness and help you stay healthy. Prevention includes immunizations that are important across your lifespan, dental care, weight management... and various health screenings that are recommended to ensure that any health concerns are identified and treated early.



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Apps

Be My Eyes

Connects people needing sighted support with volunteers and companies through live

Source

[Be My Eyes](#)

Apps

GoodRx: Prescription Drug Savings

GoodRx is an affordable health care and medication app and mobile health care

Source

[GoodRx: Prescription Drug Savings](#)

Article

How to Prevent Cancer or Find It Early

You can lower your risk of getting many common kinds of cancer by making healthy choices.

Source

[Centers for Disease Control \(CDC\)](#)

Article

The Dental / Kidney Disease Connection

Good dental care is important for everyone, but especially for people with kidney disease. What might be a minor infection for a healthy person could be a major problem for someone with kidney disease.

Source

[National Kidney Foundation](#)

Links

AirNow: Get Local Air Quality Data

Source

[AirNow: Get Local Air Quality Data](#)

Links

CostPlus Drug Company

Source

[CostPlus Drug Company](#)

Links

Health Trends Newsletter from DBHDS Office of Integrated Health

Source

[Health Trends Newsletter from DBHDS Office of Integrated Health](#)

Article

Physical Activity Boosts Brain Health

Regular physical activity is good for your overall health and your brain health. Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression.

Source

[Centers for Disease Control \(CDC\)](#)

Links

Virginia Fresh Match for SNAP Recipients

Source

[Virginia Fresh Match for SNAP Recipients](#)

Article

Protect Yourself from SNAP EBT Scams

Be aware that criminals are trying to steal card benefits nationwide through scams that attempt to trick you into providing your EBT card information.

Source

[Virginia Department of Social Services](#)

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