Challenges of Preventative Healthcare

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Currently, American healthcare is notoriously flawed. Despite this, the necessity of receiving preventative healthcare has made itself known. Preventative healthcare, such as routine medical, dental, and vision appointments, is essential to an informed and thriving society. Cognizant citizens are empowered to make educated decisions concerning their well-being that improve quality of life, reduce risk factors, and save both time and money. Despite the significance of preventative healthcare, many people encounter challenges concerning access, specifically finances and lack of availability.

Many people find preventative healthcare inaccessible due to financial barriers. High cost of routine care, lack of insurance, high deductibles, and copayment plans, and inadequate coverage for preventative care are common examples of such challenges. One way to combat this is to investigate eligibility for health care assistance programs. Programs such as Social Security benefits, 2-2-1 services, dental assistance programs, hospital care assistance programs, and community financial aid are examples of financial assistance that many often forget. One could also apply to regional federal subsidiaries, Medicaid, and catastrophic healthcare coverage for further financial relief. Finally, investing time and money into building an emergency savings fund is a proactive way to protect the accessibility of preventative healthcare. These methods are possible means of reducing financial barriers.

Lack of availability is also a major challenge that people face concerning preventative healthcare, such as long delays and locational obstacles are challenges many people have to deal with. With long waiting periods, the best solution is to plan and schedule ahead. Arranging appointments as early as possible is an effective method with practitioners whose time is sparse.  Keep track of appointments and learn the practitioner’s open hours. Furthermore, technology has made significant improvements in reducing locational obstacles. With new technology, video chats, long-distance monitoring and prescriptions, easy transfer of medical records, and reduction of expensive healthcare bills are possible. Known as “telehealth” or “telemedicine”, this new distribution of preventative health services opens numerous doors to those who lack convenient access. Through early appointment scheduling and long-distance technology, many availability obstacles can be overcome.

Due to challenges concerning finances and availability, many Americans are unable to receive routine preventative healthcare services. So, where should we go from here? We know that preventative healthcare is fundamental and thus should be accessible to all. However, such challenges prove it is not. To make it so, we need to overcome these obstacles through awareness and open discussion. This would unlock potential solutions, decrease the stigma around financial burdens that are places on poverty-stricken families, and grow the health profession for the better. American healthcare must grow and prosper, and we have in our hands the power to make it possible.