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## LEVELS OF HEALTH CARE

- Maximize Health .....** Healthcare and lifestyle for optimal health and well being
- Proper Mental Outlook
  - Proper Rest
  - Proper Exercise
  - Proper Nutrition
  - Proper Nerve Function
- Maintenance .....** Healthcare and lifestyle to keep your current health level
- Prevention .....** Healthcare and lifestyle to prevent sickness and disease from occurring
- Early Detection .....** Diagnosis of disease for earlier treatment of conditions that already exist
- Treatment .....** Healthcare to treat disease and symptoms that already exist