

Wellness Begins with You!

Your health impacts nearly every area of your life—that's why taking care of your body is one of the most important things you can do.



Give yourself ***peace of mind*** by prioritizing the habits below to become a healthier, happier version of you!



SCHEDULE REGULAR DOCTOR APPOINTMENTS

Annual checkups prioritize preventive care like physical exams, screenings, and vaccines.



STAY UP TO DATE ON CANCER SCREENINGS

Getting regular screenings may find cancers early, when treatment is likely to work best.



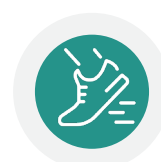
REMEMBER TO TAKE PRESCRIBED MEDICATIONS

Take medicines as directed on the label or as instructed by a doctor or pharmacist.



EAT HEALTHY

Eating healthy helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases.



GET PHYSICAL ACTIVITY

Aim for 150 minutes of moderate activity a week, with muscle-strengthening activities 2 days a week.

Questions?

Call 855.205.2657 to learn more.