

Caring for you in all ways. Always.SM



The importance of preventive care

Getting preventive care is one of the best ways you can help yourself stay healthy, avoid serious illness, and improve your quality of life. It includes routine checkups, recommended vaccines, and screenings for common health issues.

Here's how to get started:

- **Schedule your annual checkup/wellness visit** and attend it each year
- **Stay current with vaccines**, including flu shots and other recommended immunizations based on your age and health status
- **Complete routine health screenings** when they are due, including checks for blood pressure, cholesterol, blood sugar, and more
- **Take advantage of services** included in your health plan. Many preventive services are free or low-cost.

Making time for what matters most

Making even small changes can help you feel more in control of your time so you can do what matters most to you. Look at how you spend your time, choose 3 priorities, say no when you need to, and aim for progress over perfection.

Reasons to get annual vaccines

Getting your yearly vaccines can help you and those around you stay safe. It supports your long-term health, and it's quick and easy.



Expert help, delivered with heart

Health Advocate is here to help you and your family with any health or well-being issues.



We're here 24/7

Get the support you need, right when you need it, so you can have peace of mind.



Tune in to this month's free webinar: What EQ Can Do for You: Strategies for Enhancing Emotional Intelligence

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