



PREVENTIVE HEALTH

Health is a foundation, not a burden. Prioritizing prevention is key to a resilient and fulfilling life. Discover the simple, effective **steps you can start taking today!**



YOUR HEALTH ROADMAP REGULAR SCREENINGS

- **Schedule your annual physical or check-up** to detect potential issues early, when they're most manageable.
- **Complete all recommended health screenings** to identify potential problems BEFORE they become serious.
- **Talk to your healthcare provider** about your health history to ensure timely intervention and better health outcomes.



SHIELD AGAINST ILLNESS VACCINATIONS

- **Stay up-to-date on all recommended vaccinations** to maintain optimal health and reduce your risk of preventable infectious diseases.
- **Get your annual flu shot** to protect yourself and those around you from severe illness.
- **Talk to your provider about catch-up vaccines** to ensure you're safely and effectively protecting yourself and contributing to herd immunity.



KEYS TO VITALITY DIET AND EXERCISE

- **Move your body for at least 30 minutes each day** to strengthen your body, boost your mood, and reduce chronic disease risk.
- **Nourish yourself with wholesome foods** to provide your body with the essential energy it needs to thrive.
- **Choose water over sugary drinks** to maintain proper hydration, which is vital for all your bodily functions



PRIORITIZE MENTAL HEALTH STRESS MANAGEMENT

- **Practice mindfulness or deep breathing daily** to manage stress more effectively and improve your overall well-being.
- **Engage in activities you truly enjoy** to reduce mental fatigue and improve your mood.
- **Don't hesitate to seek support from a professional when you need it,** as this empowers you to navigate life's challenges with resilience



PRIORITIZE YOUR WELL-BEING TODAY

Scan the QR code to explore essential preventive care resources and tips from the CDC.

