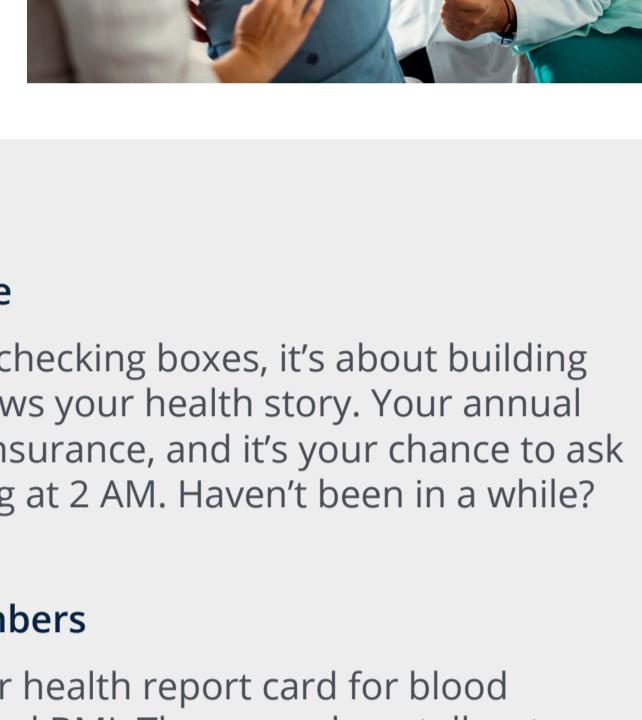


MONTHLY WELL-BEING NEWSLETTER:

YOUR FREE PASS TO BETTER HEALTH

Did you know that your health insurance already covers a complete preventive care check-up at absolutely no cost to you? No copay, no deductible, no surprise bills. Yet most of us skip these free benefits that could save our lives.

Here's the thing: Catching health issues early isn't just about avoiding bigger problems down the road. It's about having the energy to enjoy your life today, being there for the moments that matter, and feeling confident about your health instead of wondering what might be wrong.



Your Preventive Care Toolkit

Annual Physicals: Your Health Baseline

- That yearly check-up isn't just about checking boxes, it's about building a relationship with a doctor who knows your health story. Your annual preventive visit is covered 100% by insurance, and it's your chance to ask those questions you've been googling at 2 AM. Haven't been in a while? Schedule it now.

Biometric Screenings: Know Your Numbers

- Think of biometric screenings as your health report card for blood pressure, blood sugar, cholesterol, and BMI. These numbers tell a story about your health, and tracking them over time shows whether your efforts are paying off. Many employers offer on-site screenings that take just 15 minutes during your workday. [Watch this quick video](#) to learn more about biometric screenings.

Vaccinations: Your First Line of Defense

- Your annual [flu shot](#) isn't just about avoiding a week of misery, it's about protecting yourself and those around you. The best time to get your flu shot is September or October, but it's never too late. Check out this quick video on why flu shots matter.

Age-Based Cancer Screenings: What You Need to Know

Cancer screening guidelines can feel overwhelming, but here's what you need to know based on your age:

Cervical Cancer

- Start screening at age 21 with a Pap test every 3 years
- Ages 30-65: Consider a Pap/HPV test every 5 years

Breast Cancer

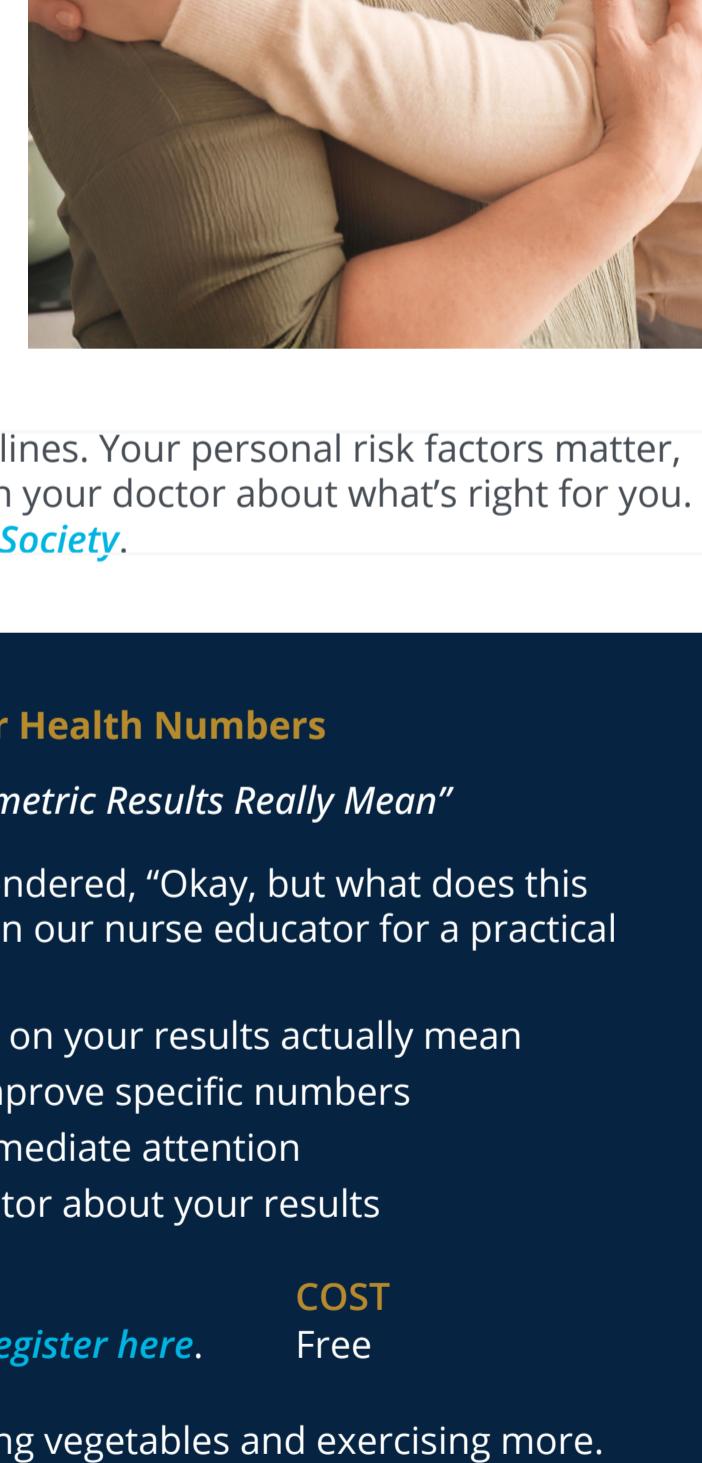
- Begin annual mammograms at age 40 for average risk
- High-risk? Talk to your doctor about starting around age 30

Colorectal Cancer

- Start screening at age 45 for both men and women
- Family history? You may need to start earlier.

Prostate Cancer

- Men at average risk: Start the conversation at age 50
- African American men or those with a family history; Begin discussions at age 45



Remember, these are general guidelines. Your personal risk factors matter, so have an honest conversation with your doctor about what's right for you. Learn more at the [American Cancer Society](#).

Free Webinar: Make Sense of Your Health Numbers

"Know Your Numbers: What Your Biometric Results Really Mean"

Ever gotten your test results and wondered, "Okay, but what does this actually mean?" You're not alone. Join our nurse educator for a practical session that will help you:

- Understand what those numbers on your results actually mean
- Learn simple changes that can improve specific numbers
- Know when something needs immediate attention
- Feel confident talking to your doctor about your results

WHEN April 1, 12:00 PM CT **WHERE** Online. [Register here.](#) **COST** Free

This isn't another lecture about eating vegetables and exercising more. It's real talk about what your body is telling you and practical steps you can take starting today.

Small Steps, Big Impact

You don't have to overhaul your entire life to see improvements in your health. Prevention is about consistency, not perfection. Schedule that annual physical you've been putting off. Get your flu shot the next time you're at the pharmacy. Ask your employer about on-site biometric screenings.

Every small step you take toward prevention today is an investment in feeling better tomorrow.

Questions about your preventive care benefits? Check with your HR team or insurance carrier for specific coverage details.