



Good health is a  
*gift* you give to yourself.

Your health matters—invest in your well-being today.

## Take a moment to celebrate yourself—and your well-being!

Your health is one of the greatest gifts you can give yourself. Taking small steps today can lead to a healthier, happier tomorrow. Visit your onsite clinic to develop a personalized care plan that fits your goals.

- **Well-Visit:** You should see your health care provider every year for a checkup. This visit is a great opportunity to discuss any changes to your health, update medications, monitor vitals like blood pressure and weight, and learn about other recommended screenings. Visit the clinic to get a wellness screening and stay on top of your health.
- **Physical Activity:** Regular exercise helps manage weight, boost mood and improve sleep. Your onsite clinician can provide guidance on safe, effective ways to stay active.
- **Heart Health & Cholesterol Management:** High cholesterol and high blood pressure can increase the risk of heart disease and stroke. Screenings and lifestyle changes can be recommended by your clinician to help keep your heart healthy.
- **Nutrition:** A healthy diet should focus on whole, plant-based foods such as vegetables, fruits, whole grains, nuts, seeds and legumes. Schedule an appointment to receive nutrition advice and support to help you build healthier eating habits.
- **Behavioral Health:** Mood and mental health are often overlooked parts of overall health. Your onsite clinician can provide support, resources and strategies to help with stress management and emotional well-being.
- **Smoking Cessation:** Ready to quit tobacco? We can offer support and resources as well as refer you for a low-dose CT scan if needed.

**Prioritizing better health is an important way to care for yourself. Small actions today can lead to a longer, healthier future!**

Sources:  
<https://www.hopkinsmedicine.org/all-childrens-hospital/services/healthy-weight-toolkit>  
<https://lifestylemedicine.org/wp-content/uploads/2023/06/Pillar-Booklet.pdf>

Visit your onsite clinic to get started on your wellness journey!