

REAL EMPLOYEE STRENGTH

Strength Through Health

Strengthen Your Health Resolve

Get the most from your surroundings

- **Take the stairs**—Make it a habit to use the stairs everyday. Climbing just two flights of stairs everyday could result in a loss of 6 pounds per year.
- **Make-over the candy jar**— Turn your unit's candy jar into a healthy oasis. Try something different like small boxes of raisins, individually wrapped prunes or small packages of nuts.
- **Stop working through lunch** — meals are meant to be enjoyed instead of simply swallowed. Slow down and enjoy your food. You'll probably eat less and enjoy it more.

Strengthen Your Health Savings

Review your health insurance benefit plan now and make sure you understand what preventive health testing, exams and vaccinations are covered. You may be eligible for these without meeting a deductible first.

Take advantage of your covered benefits.



Take Home Message

Whether you need a yearly check-up, vaccination, vision check, dental exam, blood pressure check, or other exam or screening, don't put it off any longer. Make the appointment now.

