

VitaMin



Vital health information in a minute

It pays to invest in your health

What does the future hold for you? Map out your path to financial security and better health with these steps.



- 1. Get to know your health plan.** Learn more about how it works so you're prepared for anything, whether you need emergency, urgent or routine care. Find out what choices you have and what your costs may be. Check for free programs and discounts available through your health plan – gym membership reimbursements, weight-loss program discounts and rewards for healthy diet and lifestyle choices.
- 2. Don't skip those screenings.** Screening tests can detect health problems early when they are more treatable. Schedule health screenings that are appropriate for you, and check your health plan to find out what's covered.

- 3. Be healthy and wise.** Invest more energy into exercise and get smart about your diet. Start by making room for healthy foods and carving out time for exercise. As a bonus, you may lose extra pounds and avoid health problems down the road.

Smaller waistline, bigger wallet? Controlling your weight can help control costs, too. Annual medical costs for people who are obese were \$1,429 higher than the costs for people of normal weight.¹

- 4. Get help to get over the hump.** Is something standing in the way of your health? Seek help for sleep problems, depression, anxiety or other concerns. Make strides by quitting or cutting back on tobacco and alcohol.
- 5. Discover an array of wellness opportunities.** Whether it's a wellness program through your health plan or a walking club with coworkers, just do it. The effort you put in will come back to you in healthy rewards.

Source:

- Centers for Disease Control and Prevention. "Chronic Diseases and Health Promotion."
http://www.cdc.gov/chronicdisease/overview/index.htm?s_cid=ostltsdyk_govd_203 (accessed May 27, 2014)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

Together, all the way.SM



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