



Personal Health

React and Proact

allows you to stay ahead of problems by being proactive

care

sicknesses or diseases in the future. This can be done by providers regularly and making mindful health decisions

is important for you
see a primary care

for a routine check. They help you monitor your health and look out for any signs of physical or mental health problems.

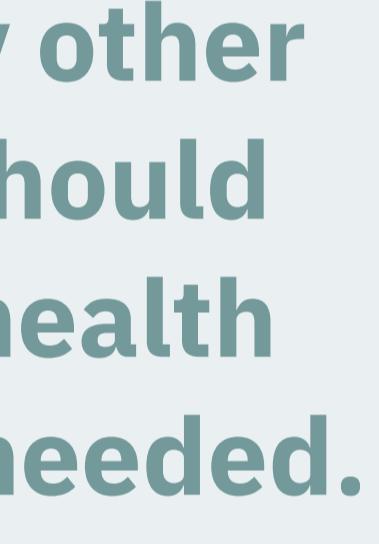
going to the dentist every 6 months. They will clean your teeth and look out for any problems with the health of your teeth.

doctor 2 times a year helps to maintain good vision and catch eye diseases early that are hard to notice symptoms.

**Being mindful of your
breast health**

All women are

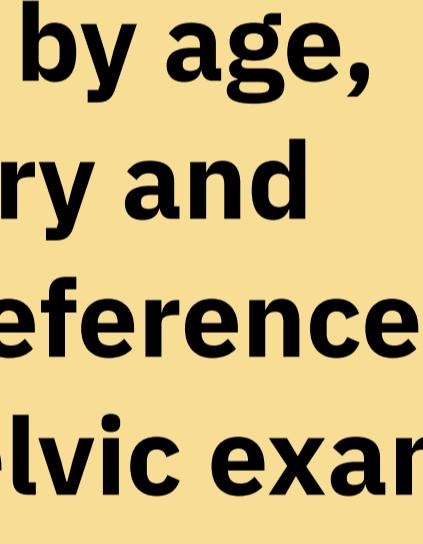
financially, a therapy approach can provide substantial benefit to your overall primary care. You should be helpful in identifying these



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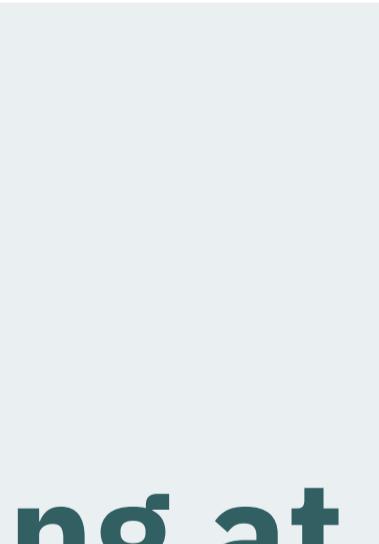
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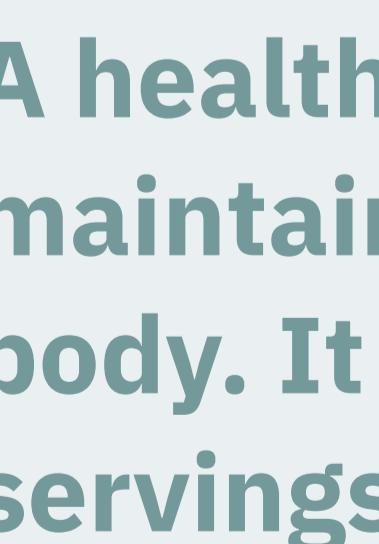


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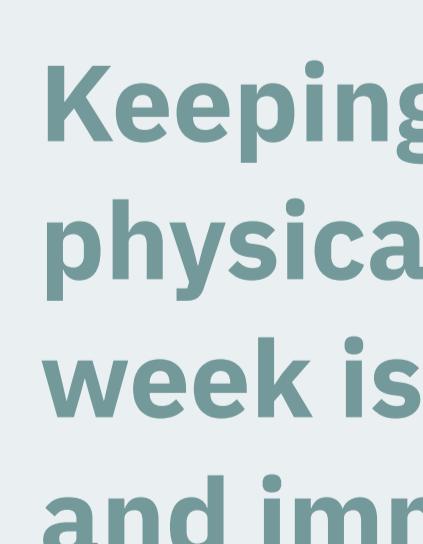
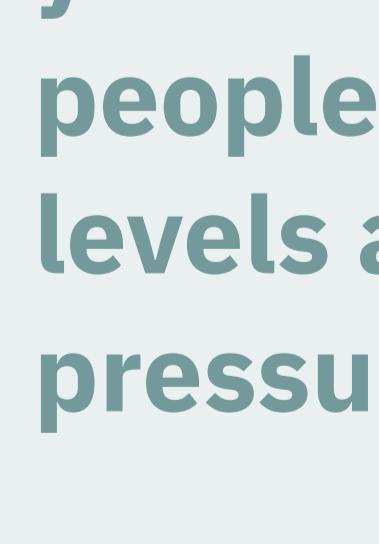
A vertical graphic on the right side of the page. The top half is a light blue rectangle with a white sun icon in the center. The bottom half is a dark teal trapezoid. The text "Getting outside" is written vertically along the right edge of the light blue area.



What can I be doing at home:



each day as well as servings of whole grains. Also, minimizing fat intake that is not from nuts, and limiting red meat to no more than 2 times a week. Try to eat white meats (fish and chicken) instead, and limit it to no more than 5 times a week.



physical activity a day is a great goal for a healthy active life. This can be: walks, runs, bike rides, swimming, fitness classes or any other physical activity you enjoy.