



PREVENTION: PUT YOUR HEALTH FIRST

Make time for physical activity, healthy eating, relaxation, and sleep.



EXERCISE

Even 10 minutes a day can help increase your chances of living longer and healthier.



RELAX

Prevent and manage stress to lower your risk of serious health problems like high blood pressure or depression.



DIET

A healthy diet can help protect you against heart disease and certain cancers.



SLEEP

Make small changes to your daily routine to help you get the sleep you need.



Get the preventive services that are right for you.



Talk to your provider about which services are right for you.

health.gov/myhealthfinder



Mental and emotional health are important. Find behavioral health treatment and prevention services. findtreatment.samhsa.gov/



Take advantage of these and other services available at no cost to you with most health coverage: Immunizations; Blood pressure screening; Obesity screening; Diabetes screening; Diet counseling; Alcohol screening and counseling; Tobacco counseling

Unique services are also available for women, children, and older adults.

For more information on the free preventive services specific to women, children, and older adults, visit go.cms.gov/c2c.



Take an active role in your health care.

Ask your provider questions. ahrq.gov/questions/index.html

Talk to your family and friends about staying healthy — it may be difficult but it's important!

Keep track of your health information.

Keep a list of your family's health history. Take it with you when you see your provider. cdc.gov/genomics/famhistory/famhist_basics.htm

Keep a list of your medicines. Download the FDA's [My Medicine Record](#) to record your medications and share with your provider.



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