

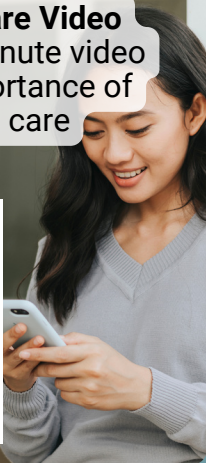
PRIORITIZE PREVENTIVE SCREENINGS



OCTOBER

Preventive Care Video

Watch this 1-minute video about the importance of preventive care



NOVEMBER

Reduce Risks of Cancer

Read this 4-page article for simple steps to reduce your cancer risk



DECEMBER

Annual Checkups Video

Watch this 1-minute video about the importance of your annual checkup



Noom

Join Noom at no cost to you and lose weight and reach your health goals



Ergonomics Webinar

Watch this 30-minute recording to help reduce pain at work and home



Preventive Care Toolkit

Explore gender and age specific guidelines to help manage your preventive screenings



Scan or click on the QR codes to access materials.

