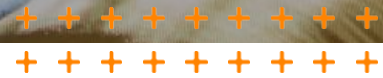




Find your best health



Take care of you

Schedule a well-care visit

Your provider will check your overall health and let you know if you're due for any preventive screenings or immunizations.

Ask about screenings

Make sure to get any screenings recommended by your health care provider. Regular screenings can help identify issues, like prostate cancer or high blood pressure, before they become serious.

Stay safe on the road

Wear your seat belt and follow the speed limit. Avoid driving distracted, sleepy or under the influence of alcohol or other substances.

Boost your mood

Reduce stress by golfing, swimming, spending time with family, listening to music, podcasts or audiobooks, getting a massage or gardening – do what works for you. If you're feeling down most days, talk with your provider - it's a sign of strength.



Find peace of mind with an app, like [Headspace](#), [Shine](#) or [Talkspace](#). Get tips and support for managing stress, anxiety or depression – your mental health matters.

Set an example with healthy habits

Prioritize being physically active, eating healthy, getting adequate sleep and being tobacco-free.

Find time to socialize

Take time to connect with people you care about – it can be as simple as going for a walk, volunteering or watching a football game over video chat. Any activity counts.

Clean your financial closet

Organize and plan your financial life by reviewing your spending and savings, canceling unused services and looking for tax-free growth potential.

Schedule your well-care appointment today.

Looking for a provider? Find one at [ProvidenceHealthPlan.com/findaprovider](https://www.ProvidenceHealthPlan.com/findaprovider)