



Minimizing Your Health Risks

It's not unusual to worry about being diagnosed with a chronic health condition. While you can't control your hereditary risks or stop the aging process, you can take action to reduce your odds of developing cancer, diabetes, heart disease, and other illnesses. Focus on what you can control.

What You Eat

- Make fruits and whole grains the basis of your diet.
- Eat lean proteins such as chicken and fish.
- Limit your intake of salt, sugar, and processed and fried foods.

How Much You Move

- Mix cardiovascular exercise, weight training, and stretching.
- Exercising for 30 minutes four to five times a week is ideal.
- Check with your doctor before starting any exercise routine.

Your Sleep Routine

- Aim for seven to nine hours of sleep a night.
- Regular sleep is key to physical health and emotional self-regulation.



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- Take the **MyWellbeing Profile** to evaluate your overall wellbeing and schedule an appointment with a coach.
- Access the **Discount Center** to find discounts in the areas of “Active & Fit,” “Sleep Health,” and “Health and Wellbeing.”

Quick Tips:

- **Eat lots of fruits, vegetables, and whole grains.**
- **Get moving! Even 10 minutes of activity at a time is helpful.**
- **Sleep restores the body and brain and decreases inflammation.**

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing
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Call collect to **262-574-2509** if outside of North America

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