



You're the boss — take charge!

Good health doesn't happen all by itself — there are lifestyle changes you can make to help stay healthy. And although no one is guaranteed a healthy life, the steps you take today may help lower your risk of conditions like diabetes, obesity and heart disease.

[Learn some ways you can improve your odds for a long and healthy life.](#)

[NurseLine can help — call us today.](#)



800-846-4678, TTY 711



Sources:

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U.S. Department of Health and Human Services. 2008 physical activity guidelines for Americans. Accessed: 8/21/15.<http://www.health.gov/PAGuidelines/guidelines/>
Centers for Disease Control and Prevention. Family health. Regular check-ups are important. Accessed: 8/21/15.<http://www.cdc.gov/family/checkup/ChooseMyPlate.gov>.
Ten tips. Accessed: 8/21/15.<http://www.choosemyplate.gov/ten-tips>

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time. The Centers of Excellence (COE) program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct healthcare services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted healthcare professional or medical center.