

Happy New Year!

Now is a great time to start new habits that will keep yourself, your family, and your community healthy.

Eating right, getting plenty of exercise and enough sleep are key to a healthy lifestyle. Talk with your health care provider about changes you can make to let the New Year be one of your best years.



As a tribal member, you can enroll in the Marketplace, Medicaid, or CHIP all year. Review your health coverage options.

For more information, contact your local Indian health care provider, visit [HealthCare.gov](https://www.healthcare.gov), or call **1-800-318-2596**

