



# PREVENTION: PUT YOUR HEALTH FIRST

Make time for physical activity, healthy eating, relaxation, and sleep.



## **EXERCISE**

Even 10 minutes a day can help increase your chances of living longer and healthier.



## **RELAX**

Prevent and manage stress to lower your risk of serious health problems like high blood pressure or depression.



## **DIET**

A healthy diet can help protect you against heart disease and certain cancers.



## **SLEEP**

Make small changes to your daily routine to help you get the sleep you need.



Get the preventive services that are right for you.

- ✓ **Talk to your provider about which services are right for you.** [health.gov/myhealthfinder](https://health.gov/myhealthfinder)
- ✓ **Mental and emotional health are important. Find behavioral health treatment and prevention services.** [findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/)
- ✓ **Take advantage of these and other services available at no cost to you with most health coverage:** Immunizations; Blood pressure screening; Obesity screening; Diabetes screening; Diet counseling; Alcohol screening and counseling; Tobacco counseling

Unique services are also available for women, children, and older adults. For more information on the free preventive services specific to women, children, and older adults, visit [go.cms.gov/c2c](https://go.cms.gov/c2c).



Take an active role in your health care.

**Ask your provider questions.** [ahrq.gov/questions/index.html](https://ahrq.gov/questions/index.html)

**Talk to your family and friends about staying healthy — it may be difficult but it's important!**

Keep track of your health information.

**Keep a list of your family's health history.** Take it with you when you see your provider. [cdc.gov/genomics/famhistory/famhist\\_basics.htm](https://cdc.gov/genomics/famhistory/famhist_basics.htm)

**Keep a list of your medicines and show your provider.** Use the FDA's My Medicine Record. [fda.gov/drugs/resources-you-drugs/my-medicine-record](https://fda.gov/drugs/resources-you-drugs/my-medicine-record)



For more resources and information on free preventive services, visit [go.cms.gov/c2c](https://go.cms.gov/c2c).

