Put Your Health First

1 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.
fitness.gov

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

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

SLEEP
Make small changes to your daily routine to help you get the sleep you need.
go.usa.gov/3wcyf

2 Get the preventive services that are right for you.

Talk to your provider about which services are right for you.
cdc.gov/prevention/

Mental and emotional health are important. Find behavioral health treatment and prevention services.
findtreatment.samhsa.gov/

Take advantage of these and other services available at no cost sharing, thanks to the Affordable Care Act.
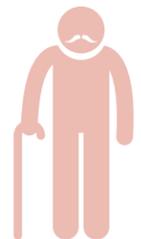
Immunizations
Blood pressure screening

Obesity screening
Diabetes screening
Diet counseling

Alcohol screening and counseling
Tobacco cessation

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 marketplace.cms.gov/C2Cprevention.

3 Take an active role in your health care.

Ask questions of your providers.
ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html

Talk to your family and friends about staying healthy — it may be difficult but it's important!
go.usa.gov/3tfRW

4 Keep track of your health information.

Keep a list of your family's health history. Take it with you when you see your provider.
familyhistory.hhs.gov

Keep a list of your medicines and show your provider. Use the FDA's My Medicine Record.
fda.gov/Drugs/ResourcesForYou/ucm079489.htm

For more resources and information on free preventive services, visit marketplace.cms.gov/C2Cprevention.