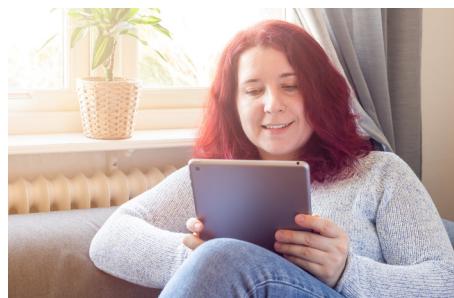**HEALTHY YOU. HEALTHY SAVINGS.**

Save with medical self-care.
It makes you more aware.

- Use a medical self-care book. It helps you choose when to seek medical care for a problem and when to treat it on your own. It gives information to help you feel confident when caring for the problem and helps you learn what to do to lower your risk of getting sick.

- Access your health plan's online resources for health information.

- Call your Nurse Advice Line for information and assessment of symptoms and what to do for them.

- Use credible eHealth portals. Examples are: **medlineplus.gov** and other online resources that are approved by Health On the Net (HON).

- Take a free or low-cost first-aid class in your community. Stock self-care supplies in your house.

- Take medications as prescribed by your doctor. If you don't, you could end up paying significantly more for medical services including more frequent doctor visits, emergency care, and hospitalization.

- Follow your doctor's treatment plan for exercise, diet, and other self-care measures, too.