

Take care of your health



Taking care of your health is within your reach.

- Maintain good health habits for eating, physical activity, and sleeping.
- Manage stress.
- See your doctor or health care provider on a regular basis.
- Take medicines, as advised.
- Don't use tobacco products. If you do, quit.
- Keep track of your health history.
- Get health information from reliable sources, such as your doctor and credible Web sites.

