

HEALTH TUNE-UP: ESSENTIAL MAINTENANCE FOR PEAK PERFORMANCE

Most chronic diseases are caused by a short list of risk factors: **smoking, poor nutrition, physical inactivity, and excessive alcohol use.**

According to the Centers for Disease Control and Prevention, **preventive care services could save over 100,000 lives** in the U.S. every year.

Regular well-visits, preventative screenings, and vaccinations can help **reduce the risk of disease**, catch potential health problems, and allow for earlier treatment.

How do we access preventative care?
Which behaviors can support our health?
What can we do today to achieve our optimal health?

REGISTER TO LEARN MORE ABOUT ESSENTIAL MAINTENANCE!



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