



# Prepare for a healthy New Year

With each New Year, there comes an opportunity to start your health off on the right foot. There are a number of things you can do to make 2024 your best, and healthiest, year yet. Be proactive and take these steps to ensure you have a happy and healthy year.



## Schedule preventive screenings

Getting your preventive screening tests is one of the most important things you can do to protect your health. Screenings can help find diseases early, when they may be easiest to treat and before you have symptoms.



## Confirm your providers are still in-network

With the start of a new plan year, it's important to make sure your doctors are still in your health plan's network. Call your doctor or health plan to confirm before scheduling an appointment to avoid being charged higher out-of-network fees.



## Start the year with a fresh mindset

Reflect back on all you've been through and think about how your experiences have made you a stronger, better person. Taking time to do so can boost your confidence and empower you to take on 2024's opportunities—and challenges—head-on.



## Participate in activities to benefit YOUR physical, mental and emotional well-being

Planning regular “me time” can help address any stress you may be feeling before it becomes overwhelming, helping you to be happier and healthier.



## Review your emergency contact information

In the event of a health emergency, it's critical that first responders know how to contact your friends or family members. It may be helpful to add an “In Case of Emergency” contact in your cell phone to help quickly identify the person you'd like them to contact.



### Keep a pulse on your health!

Follow up with your doctor today to discuss health measures are right for you to stay proactive and on top of your health all year long.



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