

3 TIPS FOR CREATING A BETTER "FUTURE YOU"



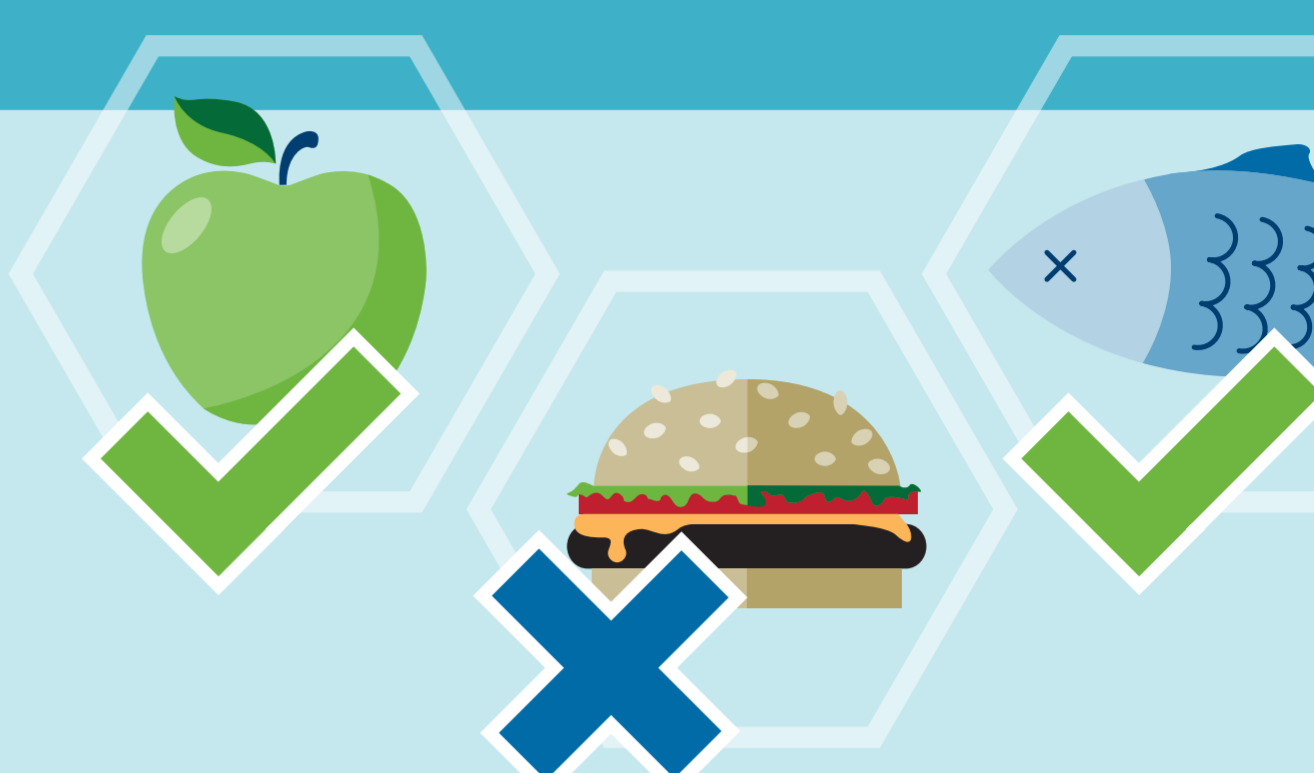
Small changes = big results

Every January, nearly half of Americans resolve to live better. Are you one of them? If you've set your sights on eating better, exercising more or taking care of yourself, you can make 2017 your best year yet — thanks to a little planning and a few simple changes.

YOUR ROUTE TO BETTER HEALTH

1 Be a plate planner

We know you're busy. But taking just 15 minutes a week to **plan healthy meals** can save you from putting on weight from high-calorie convenience foods. Another great way to control your weight? Bringing healthy food to work by **packing smart lunches**.



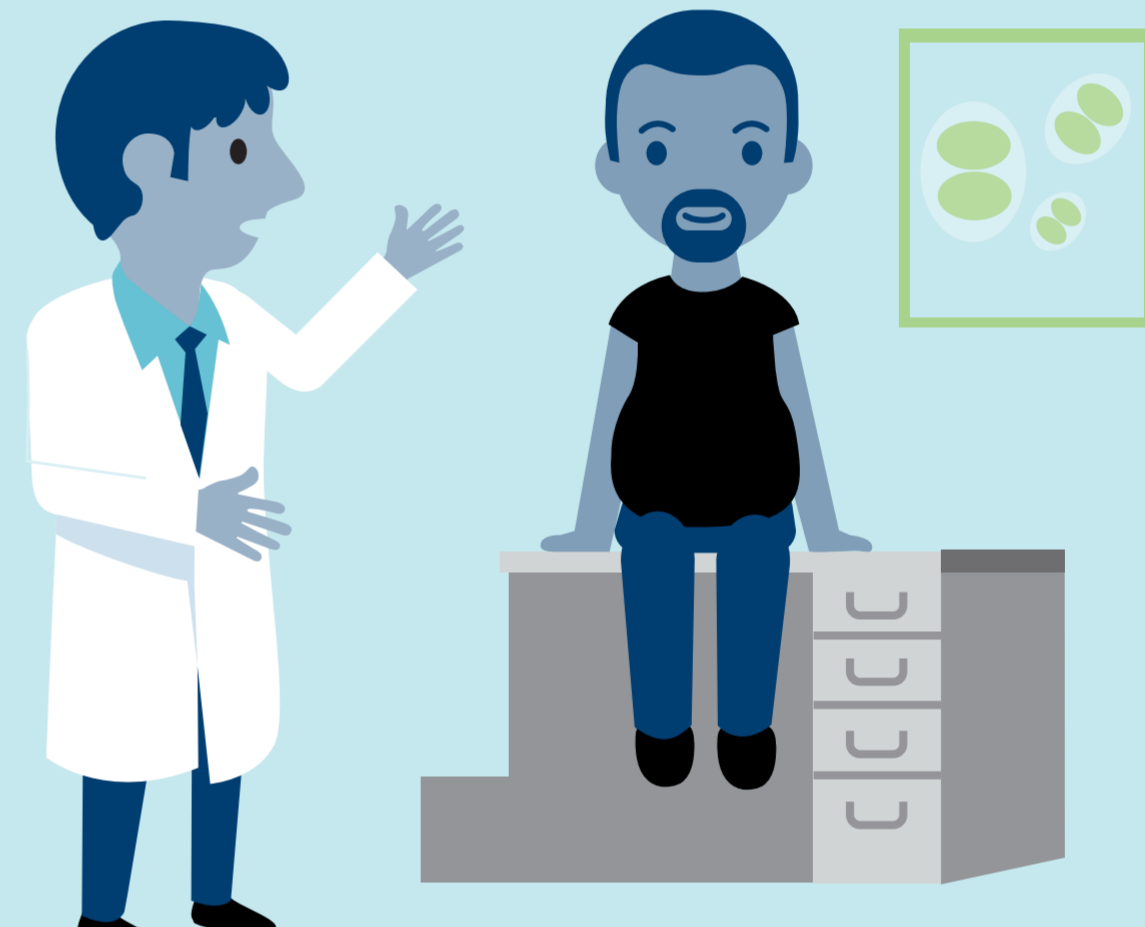
2 Move more, more often



Whether your life and work have you on your feet most of the day or sitting for long periods, it's important to get the 2.5 hours of weekly exercise recommended to prevent disease. This can include being active for just 10 minutes, three times a day. **Need some ideas?** Go for a brisk walk over lunch. Walk the dog after dinner. Or check out these other ways to **sneak in exercise at work or at home**.




3 Protect yourself

Not all health changes are obvious. That's why seeing a doctor regularly is so important. By **following preventive guidelines** and getting any needed vaccinations or screenings, you and your doctor can find any potential problems earlier — which could lead to being treated sooner and having fewer complications in the future. Plus, most preventive care is covered at 100 percent when you use a network provider.



Three surprising benefits of exercise and nutrition

Exercising regularly and getting proper nutrition can help you lose weight and prevent conditions such as diabetes and high blood pressure. Plus, it can also:

-  1. Improve your mood
-  2. Boost your energy
-  3. Help you sleep better

Future You will thank you.

Thanks, 2017 Me!
Keep making good choices!



Ready to take the first step? We'll help you get started

Connect with a health coach to put together a personal action plan to work out more, eat better or achieve other health goals. You and your covered family members can work with a coach at no additional cost to you, as part of your Railroad benefits. Any support you receive will be kept completely confidential.

- › Aetna — Wellness Coach: **1-866-213-0153**
- › Highmark Blue Cross Blue Shield: **1-866-267-3320**
- › UnitedHealthcare: **1-866-735-5685**

Coming next month: Foods that pack a preventive punch.

The material contained in this article has been selected to provide background and useful information. It is not designed to replace either medical advice or medical treatment. Always seek the advice of a qualified physician or health provider for medical diagnosis and treatment.