



Be Healthy at Any Age

Getting older certainly can't be avoided. But with today's advances in medical care and prevention, we may enjoy many more years of meaningful activity.

Whatever your age, there's nothing stopping you from doing anything you want to do in life—as long you take good care of yourself.

Access your program for tips on being healthy at any age.



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com