

## Jumpstart your health!

Keeping priorities on target and juggling life's demands can be exhausting. But what is most important is taking care of your health and your family's health. It only takes a few minutes a day to practice some healthy habits.

**Go online today!** Log on to access *Healthy Habits* and other helpful resources in the *Spotlight* section. Share this information with your family members and others.



Employee Assistance Program  
*We care, just call.*

**1-800-222-0364**

1-888-262-7848 TTY Users  
[www.FOH4YOU.com](http://www.FOH4YOU.com)