



5 steps women can take for better health

To improve your health, you can:

- See a doctor or nurse for a well-woman visit.
- Get active. Add exercise you enjoy that works with your lifestyle.
- Eat healthy. Focus on veggies, fruits, whole grains and lean protein. Cut back on foods that make blood sugar spike. White rice, white potatoes and white bread cause the same sugar surge as a donut!
- Get enough sleep and manage stress.
- Avoid unhealthy behaviors, such as smoking or texting while driving.

Women's health MAY

For additional support, Moda Health offers a free one-on-one health coaching program called Women's Health and Maternity Care.*

To talk with a health coach, call 877-277-7281 or email careprograms@modahealth.com. (TTY users, please dial 711.)

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