



8 ways to stay well this flu season

This flu season, focus on simple things you can do to stay well.

- › Get a flu shot.
- › Wash your hands with soap and hot water.
- › Steer clear of sick people.
- › Disinfect household surfaces.
- › Sleep well and lower stress.
- › Wash clothes and dishes in hot water.
- › Be active. Daily exercise lowers your risk and length of illness.
- › Eat well. Nutrient-rich foods can protect you from sickness and speed up healing.

Flu DECEMBER

For additional support, Moda Health offers free individualized health coaching to support you in your health and wellness goals.

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

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