



**Tough times  
call for  
a check-in  
with yourself.**

Studies show that many people drink alcohol in response to stress. To spread the word and prevent alcohol abuse, join other organizations across the country to honor Alcohol Awareness Month and help prevent alcohol abuse in our community.

If you are drinking too much alcohol, you can improve your health by:

- Cutting back or quitting
- Keeping track of how much you drink
- Avoiding places where overdrinking occurs
- Finding new ways to deal with stress

Drinking too much alcohol can lead to health problems, including alcohol poisoning, hangovers and an increased risk of heart disease.

➤ **April**

**Stress &  
resiliency**

For additional support, Moda Health offers free one-on-one health coaching for stress and your health through our Lifestyle program.\*

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

♥ *get your health on*

