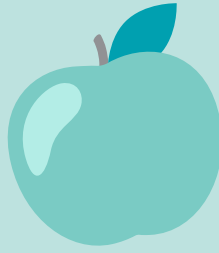
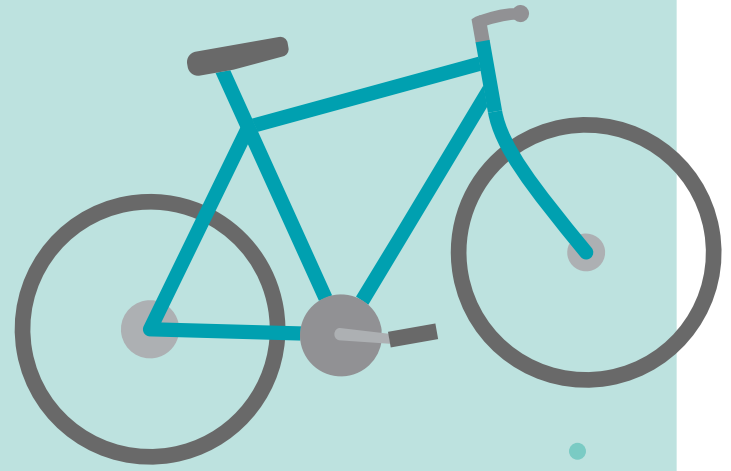
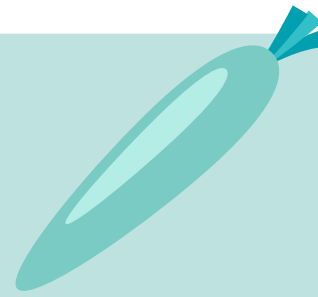
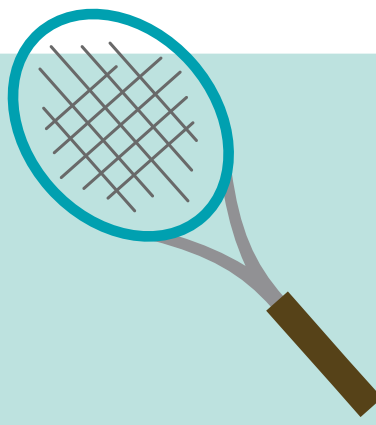


> Cancer awareness



Reduce your risk of cancer

Here are some ways to help lower your cancer risk:

- > Eliminate tobacco in all forms
- > Use a broad spectrum sunscreen with SPF 30 or higher
- > Eat at least 5 fruits and veggies a day
- > Get active
- > Manage your weight, blood pressure, cholesterol and blood sugar
- > Eat whole grains

Questions?

We're here to help. Please call our customer service team toll-free at 877-605-3229. TTY users, please call 711.

