

Keeping health top-of-mind

ODS offers its members free one-on-one health coaching. Call us at 503-948-5548, toll-free at 877-277-7281 (TTY 711), or email careprograms@odscompanies.com.

JANUARY

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Support women's health and maternity care

Volunteer your time or organize a March for Babies event in your community. The March of Dimes supports groups and programs nationwide that help expectant mothers have healthy, full-term pregnancies.

FEBRUARY

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Improve heart health

Heart disease kills an estimated 630,000 Americans each year and is the leading cause of death for both men and women. Make healthy changes to lower your risk of developing heart disease.

MARCH

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Eat healthy

One of the most important benefits of a healthy diet is its role in preventing chronic diseases. Eat more fruits, vegetables, whole grains, lean protein and non-fat dairy products to help prevent heart disease, diabetes, obesity and some cancers.

APRIL

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Get stress under control

Staying active and expressing yourself in various ways can help relieve everyday stress and brighten your mood. Engage in a mixture of activities to bring a sense of calm and peace that benefits your emotional well-being and overall health.

MAY

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Get moving

Regular physical activity – anything that gets your body moving – is good for your health. Start at a comfortable level. Once you get the hang of it, add a little more activity each time you exercise. Then try doing it more often.

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Go outdoors

Take advantage of all that sunshine by getting outside for fresh air and exercise. Hike, bike, swim or just explore – there are endless methods of enjoying the beautiful outdoors this month and most activities are easy and affordable.

JULY

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Be savvy about the sun

Sunglasses are often seen as personal fashion statements. But along with choosing shades that fit your style, they also need to serve a greater purpose – protect your eyes from the sun's ultraviolet rays. Truth is, UV rays can damage your eye's surface tissues, cornea and lens year-round.

AUGUST

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Keep kids healthy

If you have kids getting ready to go back to school, prepare them for the closed classroom environments that kicks off the cold and flu season. Find out which vaccinations are required for your child and help provide the defenses they need to fight off colds and viruses at the onset of the school year.

SEPTEMBER

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Healthy aging

Your physical fitness, diet and mental wellness are all key components to healthy aging. Stay active, fill your plate with healthy foods and do exercise your body and mind for mental health and memory function.

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Build cancer awareness

About one in every eight women in the United States will be diagnosed with breast cancer. Other than skin cancer, breast cancer is the most common kind of cancer in women. Mammograms can help find breast cancer early when there is the best chance for treatment.

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Diabetes and oral health

Diabetics are at higher risk for oral health problems, such as gingivitis (an early stage of gum disease) and periodontitis (serious gum disease). Through its Oral Health, Total Health program, ODS offers additional oral health benefits to individuals diagnosed with diabetes.

DECEMBER

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Prevent the flu

Always cover your mouth and nose with a tissue when coughing or sneezing. Washing your hands often will also help protect you from germs. If soap and water are not available, use an alcohol-based hand rub. You should also think about getting vaccinated for the flu every year.



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