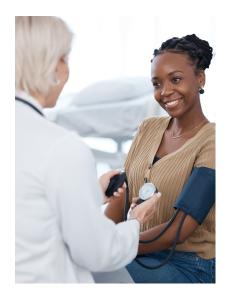


#### January 2024

Inside this issue, you'll find information about resources to stay healthy, where to go for care, healthcare and wellness programs, managing symptoms, Monica's message, follow-up care, and immunizations.



#### **Benefits**

# Take advantage of preventative services

Stay healthy and identify changes in health early by getting appropriate screenings.

Learn more



## Benefits

## Know where to go for care

Going to the right place can save members time and money.

Find out more



## Health

# Care management and wellness programs

We have resources to support the health of our members.

Learn more



#### Health

## Just what the doctor ordered

With acute bronchitis and acute low back pain, symptom management can be the best treatment.

Find out more



#### Monica's message

## Be the healthiest you can be

Managing a chronic condition can also improve your overall health.

Read more



## Recovery

## Importance of follow-up care

After being seen in an emergency room, you should see your doctor within seven days of discharge.

Find out more



#### Vaccines

## Stay healthy with immunizations

The Centers for Disease Control and Prevention gives recommendations for vaccinations.

Find out more



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