



Start living healthier, happier today

Lifestyle choices like regular exercise, a nutritious diet and a good night's sleep contribute to good health. So do an annual physical, preventive health screenings and vaccines.

Remember: Always talk to your doctor about what's best for you.

Eat nutritious foods

Eat a variety of food from the five basic food groups¹:

 <p>1. Whole grains</p>	 <p>2. Proteins lean proteins, beans, eggs, seeds, nuts</p>	 <p>3. Dairy low-fat or fat-free choices</p>	 <p>4. Fruits</p>	 <p>5. Vegetables</p>
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Pay attention to serving sizes. Eat a variety of foods from each food group.

Practice good habits



Drink 8 glasses of water a day²



Keep a **Healthy weight**³



Get an annual **Flu Shot**³



Limit **Stress**

Build stress management skills.²

- Cut back on your obligations
- Prepare and schedule your time better
- Volunteer or start a hobby
- Relax with physical activity or meditation
- Get professional help



Stay physically **Active**

Getting active is good for all parts of you, from the body to the brain.³

- Pick an activity you love
- Plan “productive” activities, from yard work to home projects
- Switch your routine
- Try new exercises or use light weights



Get **7-8** hours of sleep²

- Limit caffeine, alcohol, nicotine
- Be more active
- Keep a schedule
- Create a wind-down routine
- Watch what you eat and how much
- Relax your mind

Screening or exam

How often

WOMEN AND MEN	Physical exam and health guidance	Annually ³
	Cholesterol/lipid screening	Every 5 years; more often if you are at risk or have above-normal levels ⁴
	Diabetes screening and tests	Every 3 years; more often if you are at risk or have above-normal levels ⁵
	Blood pressure	Every 1 – 2 years if normal; more often if you have high blood pressure or diabetes ⁶
	Colorectal cancer screening:	Depends on screening test ⁷ : <ul style="list-style-type: none"> • Fecal immunochemical test (FIT) – annually • Flexible sigmoidoscopy – every 5 years • Colonoscopy – every 10 years
	Bone density test for osteoporosis screening	Begin at age 65 and older and periodically as directed by your doctor ⁴
	Comprehensive eye exam	Every 1 – 2 years ⁸
	Influenza virus vaccine (flu)	Annually ⁴
	Pneumococcal vaccine (pneumonia)	Usually once in a lifetime ⁴
WOMEN	Pap smear and pelvic exam	At least every 3 years; more often as directed by your doctor ⁴
	Mammogram	Annually ⁷
MEN	Prostate exam: <ul style="list-style-type: none"> • Digital rectal exam • Prostate specific antigen test (PSA) 	Periodically, as directed by your doctor ⁷

Sources:

¹ MyPlate is a program from the U.S. Department of Agriculture (USDA) to help consumers make better food choices

² Mayo Clinic (www.mayoclinic.org)

³ Centers for Disease Control and Prevention (CDC)

⁴ U.S. Preventive Services Task Force

⁵ American Diabetes Association

⁶ American Heart Association

⁷ American Cancer Society

⁸ American Academy of Ophthalmology

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