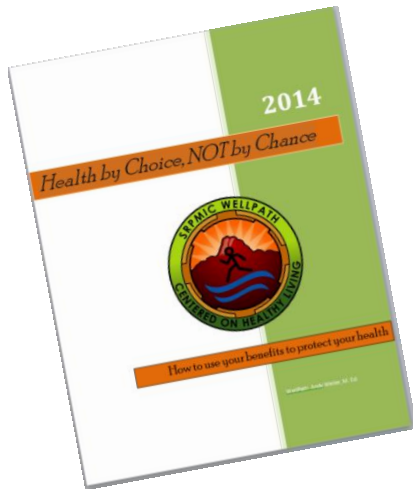


# Health by Choice, NOT by Chance

It's easy to take our health for granted. Typically as we age we lose our health and function. Health by *Choice*, NOT by *Chance* will help you to best use your health plan and other available resources to keep your health and improve your health.

**Enroll in new classes beginning SOON:** [http://www.wellpath.info/choose\\_health](http://www.wellpath.info/choose_health)

Attend online or in Two Waters B106.



## Why enroll?

- To utilize your benefits to stay healthy
- To be a smart consumer
- Achieve the best medical outcomes possible when being treated for injury or illness
- Reduce your costs for healthcare and help control costs of your medical plan
- Save your time
- Receive the *Mayo Clinic's Guide to Self-Care* & 100 WellPath Points. (must complete all 8 sessions)

## What is Health By Choice NOT by Chance?

- Knowing how, when and where to treat your common illness and minor injuries
- Managing a healthy lifestyle
- Using your health plan, practicing prevention and a healthy lifestyle to support health in addition to treating illness and injury
- Actively participating in your health – communicating with doctors & healthcare providers

*Receive the Mayo Clinic's Guide to Self-Care containing reliable, practical, easy-to-understand information on more than 300 common medical conditions and issues relating to your health.*

Classes are starting now: Visit [http://www.wellpath.info/choose\\_health](http://www.wellpath.info/choose_health) for course and registration information.

