

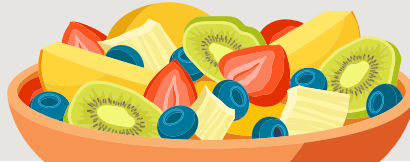
# 4 Simple Ways To Put Wellness To Work



There are several easy ways you can put your health first. From preventive care to healthy habits, start with these steps to make an impact on your well-being.

## Eat the rainbow.

Maintaining a diet with healthy foods doesn't have to be boring—in fact, a good way to make sure you're getting a variety of healthy nutrients is to “eat the rainbow.” That means including plenty of fruits and vegetables, as well as whole grains, in your meals. Those colorful phytonutrients are an easy visual way to recognize the higher levels of specific nutrients and health benefits in each food.



## Make movement part of your day.

Whether you're running marathons or going to the park with your family, there are simple and easy ways to work movement into your day. Take a break to do some stretches or take a walk between meetings. Explore low-impact activities like yoga, bicycle riding, or swimming to keep your joints healthy.



## Optimize your environment.

At home or at work, where you spend your time has a big impact on your well-being. Reduce stress levels by adding a plant to your desk. If you don't have access to natural light, try adding a lamp. Distracted by noise? Use a sound machine or noise canceling headphones. Find what helps you focus and make your setup work for you.



## Prioritize preventive care visits.

9 in 10 people in the U.S. aren't getting the recommended clinical preventive services.<sup>1</sup> And breast cancer, for example, has a 99% survival rate when detected early<sup>2</sup> through screening mammograms. Don't wait to take care of your health. Schedule your annual wellness visit, and remember to prioritize screenings like mammograms and colonoscopies.



<sup>1</sup> Source: U.S. Department of Health and Human Services

<sup>2</sup> Source: National Breast Cancer Foundation, Inc.

Ready to take preventive care into your own hands? Get started with a quick health risk assessment to determine your risk factors for developing certain diseases, such as breast cancer and heart disease. Visit [DignityHealth.org/Bakersfield/HRA](https://DignityHealth.org/Bakersfield/HRA).