

# Join the *Take Charge, Be Well* health challenge!

Your health is up to YOU. The actions you take now can help you feel better in the present and influence your future health and well-being. By taking control of your health, you can prevent medical conditions like heart disease, diabetes and cancer from developing or getting worse. These actions don't have to be a major challenge: they can be as easy as drinking more water or eating more fruits and veggies. So take control of your health and join the **Take Charge, Be Well** health challenge.

## Here's how it works:

- Review the challenge activities checklist below.
- Mark each of the challenge activities as you complete them.
- At the end of the challenge, if you've completed 12 or more of the 16 activities, you can submit your checklist to be entered in a drawing for a prize!

Select a primary care doctor. You can search for and select a doctor online at [anthem.com](http://anthem.com). If you already have one, you've completed this activity.

Get or schedule a yearly wellness exam with your primary care doctor (or "new" primary care doctor if you've just chosen one!).

Get a seasonal flu shot.

Get or schedule a dental cleaning/routine six-month appointment with a dentist.

Get or schedule an annual skin screening or appointment with a dermatologist for a skin check.

Get or schedule an annual eye exam.

Check if you're up-to-date on recommended vaccines by going to [www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf](http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf).

Once during challenge, get your blood pressure taken.

**TIP:** Use free blood pressure kiosks. They can be found at local pharmacies and grocery stores. A healthy blood pressure is 120/80 or less.



Name \_\_\_\_\_

Email address \_\_\_\_\_

Phone Number \_\_\_\_\_

Wear a UVA/UVB blocking sunscreen every day of the week.

Drink at least 32 ounces of water a day.

Work out for 30+ minutes, 3+ times per week.

Eat 5+ servings of fruits and veggies per day.

Wear your seatbelt every day, or a helmet and appropriate safety gear, if you ride a bike or motorcycle.

Walk at least 10,000 steps every day of the week. Track your steps by using a pedometer, fitness tracker or an app on your phone.

Read all of the wellness education fliers provided during this challenge.

Change the smoke detector batteries at your home (if you haven't recently), or buy a carbon monoxide detector if you don't have one.



Watch for emails with additional resources and information on the **Take Charge, Be Well** health challenge. The more you learn, the healthier you can be.