

# KNOWLEDGE IS POWER –



## TAKE CHARGE OF YOUR HEALTH

Health care decisions  
can be confusing.  
**Don't get overwhelmed –  
get involved.**

**HIT THE  
BRAKES.** Stop something harmful  
*before* it happens.  
Find the health tests that  
are right for YOU at  
[MyGreatWest.com](http://MyGreatWest.com).

**FACE THE  
FACTS.** Lack of exercise, smoking  
or a poor diet can harm  
your health. Take positive  
steps *now*.

**BE A  
KNOW-IT-ALL.** Learn the warning signs  
of a heart attack, stroke  
or other serious illnesses.

IT'S YOUR HEALTH, STAY IN THE DRIVER'S SEAT.®



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