


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**.

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.®



GREAT-WEST
HEALTHCARE
MyGreatWest.com

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