

# BALANCING YOUR HEALTH AND BUDGET

## Don't Play Pharmacist

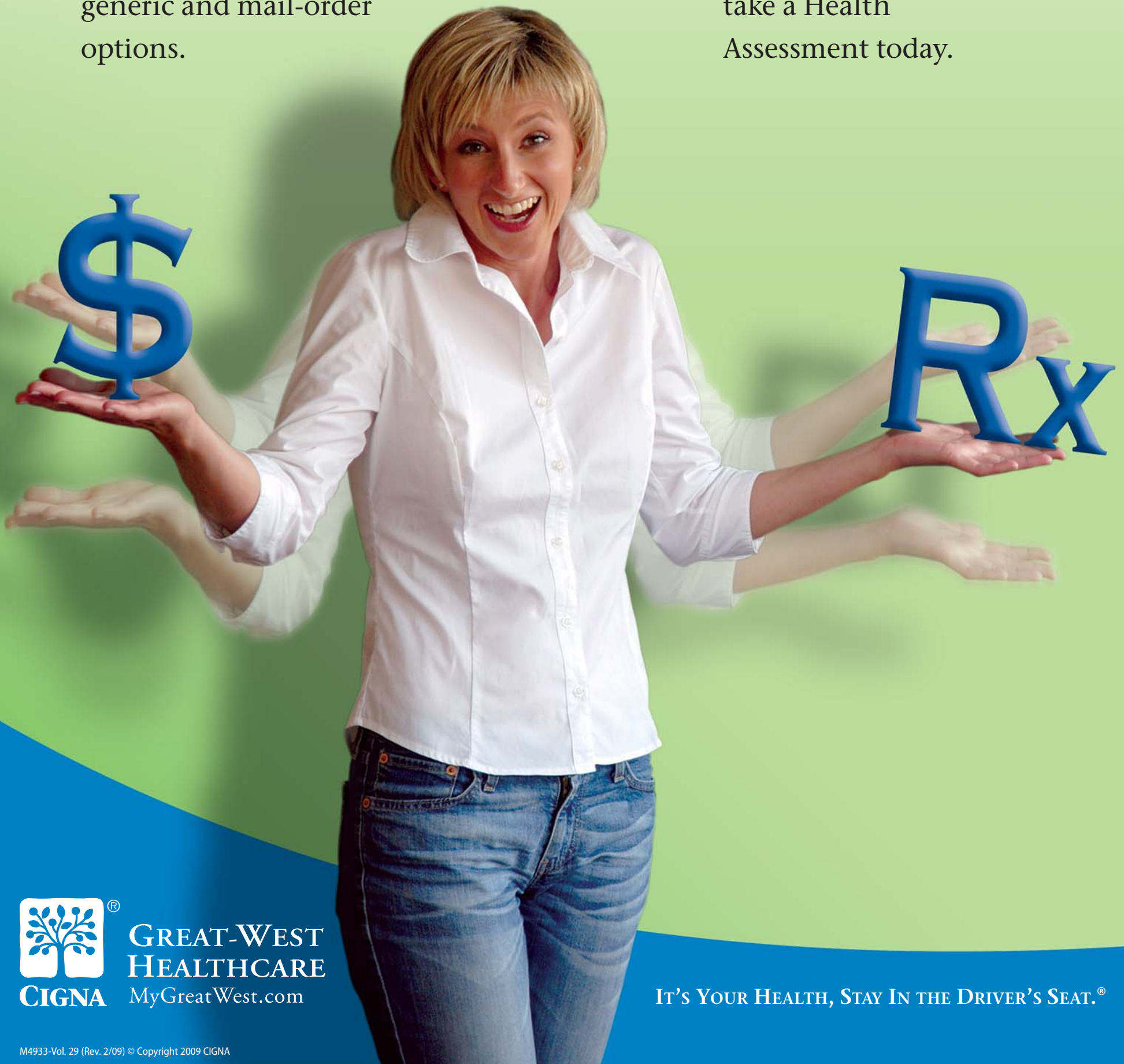
Deciding your own dosage may seem to save money in the short term, but it can lengthen your medication schedule or delay recovery. Look for over-the-counter, generic and mail-order options.

## Stay Preventive

Avoid postponing checkups, canceling coverage, or skipping a screening. It's these preventive practices that keep your health in check and your checkbook balanced.

## Treat Stress & Depression

Don't ignore the symptoms. These are real medical issues which can cause further illness in the future. Visit [MyGreatWest.com](http://MyGreatWest.com) to find a provider or take a Health Assessment today.



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HEALTHCARE  
MyGreatWest.com

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

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