

It's Free From
Your Employer

FOR YOU

Learn what to do. When to do it. With all the help you need.

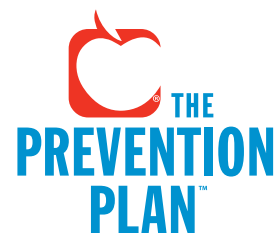
Get healthy.

“Just wanted to let you know that because of The Prevention Plan I started a weight loss program and started exercising. When my blood work was done in December I was borderline everything. I have lost 50 pounds, exercise at least 5 days a week, and now my blood work is great.” — Claire McLin, Dallas, Texas



Stop disease.

“Through The Prevention Plan I discovered that I have two undiagnosed medical conditions. I have lost weight and I am managing my blood sugar levels. I also have a better outlook on life.” — Regena Paterik, Glendale, Arizona



From U.S. Preventive Medicine®

YOU DO.

Do the best you can.

We know it is not easy to find time and energy to devote to your health. But, you can get a lot out of The Prevention Plan by taking small steps along the way to improve your health. This year-long program is designed to work for you in the real world — at home, at work, wherever you are. After all, it's your life.

Follow the steps.

Upon becoming a member, you will receive easy-to-follow instructions to register and complete a comprehensive Health Risk Appraisal, blood test and biometric measurements*. From that detailed information, a customized Prevention Plan Report will be designed just for you, and you will be given all the tools and personal attention you want or need to feel your best.

Be more active.

“I learned I needed to make some changes for my health’s sake, and soon! Since starting The Prevention Plan, I have joined a gym and started going three days a week. Thanks Prevention Plan.” — R. Delisle, Phoenix, Arizona



Understand your body.

“I really enjoy how The Prevention Plan outlines specific areas of risk and gives ways to help lower and prevent future health issues that may arise from these risks. This is a great educational tool for everyone who wants to live a healthier lifestyle.” — Kenneth King, Joplin, Missouri

More than
30 risks analyzed

WE DO.

Receive your customized, confidential program.

By collecting an in-depth inventory of your health, lifestyle and other factors, the health specialists at The Prevention Plan complete an analysis of your current and future health risks, and provide you with a clinically sound roadmap to feeling better, looking better and being in the best health possible.

Plus, it's totally confidential. You can be assured your employer and insurance company will never see your personal information.

Get prevention attention from your nurse advocate.

Let's face it. Sometimes the journey to better health can be overwhelming. That's when you call your team at The Prevention Plan. Depending on the plan you have, your own personal RN Advocate will help you navigate the health care maze and get the information, motivation and support you need to succeed.

Membership benefits include:

- ✔ **Discover a medical issue.** With your free blood test (providing up to 48 results) and online health appraisal, learn if you are at risk for issues such as asthma, arthritis, back pain, colorectal cancer, COPD, depression, diabetes, heart disease, thyroid disorder, obesity, and breast, kidney, liver or skin conditions.
- ✔ **Tackle your top health risks.** Your personalized plan of action helps you improve and manage your health with specific information. You can watch videos, learn more in your Action Programs, read news about the topics you select and link to relevant websites.
- ✔ **Get peace of mind.** A highly distinguished medical board is behind The Prevention Plan and makes sure your customized plan is compiled based on the best medical research.
- ✔ **Get support and coaching from your nurse.** One of our personal RN Advocates is available 24/7 by phone and email to help you understand your Prevention Plan, find solutions, explore options, overcome barriers and stay motivated.*
- ✔ **Learn strategies to get healthier.** Online education programs teach you how to reduce your risks and let you track results. These programs help you maintain a healthy weight, increase physical activity, stop smoking, eat healthy, reduce your stress, avoid drinking difficulties, overcome depression and more.
- ✔ **Help your doctor get to know you better.** Take a summary of results to your health care providers for their files and consultation.
- ✔ **Store your medical records online.** Your Personal Health Record lets you keep track of your medical information — such as medications, surgeries and medical tests — anytime, anywhere.
- ✔ **Learn about your other benefits.*** Learn about the prevention benefits available to you through your employer.
- ✔ **Get reminders about needed tests.** Your easy-to-use online dashboard helps you better manage your health.
- ✔ **Do some medical research.** Learn all about your body by exploring the symptom checker, health library, animations, daily health news and more.
- ✔ **Find out your Prevention Score.** Your own individual Prevention ScoreSM motivates you to monitor and rate your health efforts all year round.
- ✔ **Win prizes.** Get rewarded through regular Challenges, contests, drawings and employer incentives.*
- ✔ **Use your discounts.** Healthy discounts are available for a variety of health-related products and services from national Prevention Partners.**
- ✔ **And it's all confidential.** We guarantee your employer, insurance carrier or others will NOT see your personal information.

And much, much more.

*Options available depend on plan selected ** U.S. Preventive Medicine receives no compensation from national Prevention Partners

LET'S GET STARTED.

The sooner you register, the better for you. Refer to your Quick Start Guide* for the next steps to take and other important information. We will help you every step of the way and encourage you to call us anytime about any issue.

*Not needed if purchased online

Take time for your future.

“The Prevention Plan takes very little work to join and maintain and the potential rewards far outweigh any inconvenience.”

— David Wiegand, Chicago, Illinois



Lose weight.

“I’ve lost over 22 pounds and lowered my LDL cholesterol by 53 points. The fact that I can track and see my daily and weekly progress on The Prevention Plan is what makes it a perfect tool for me.” — Russ Simpson, Summerfield, North Carolina

The Prevention Plan™ is your personalized, step-by-step program for a healthier you.

Learn More: 866-713-1180
www.ThePreventionPlan.com



From U.S. Preventive Medicine®