



LARIMER  
COUNTY

JANUARY 2022

# HEALTH UPDATE

Set Small Goals For Lasting Impact

## GET BACK TO HEALTH BASICS



Ease the pressure to set significant health goals and opt for small, achievable goals instead.

Setting manageable, health-focused goals can help you make a positive impact on your long-term wellbeing.



### SCHEDULE A PREVENTIVE EXAM NOW

Completing a **free preventive exam\*** earlier in the year can help lower stress and put you at ease. If your exam uncovers any health concerns, you and your doctor can map out your options and build a plan to improve your health in 2022. Check with your doctor about exams and screenings right for you.



### GET TO KNOW YOUR BENEFITS

Take ten minutes to register on your health carrier's website if you haven't already and explore the health services, tools, and resources available. Locate any health ID cards you may need to keep on hand so you are always ready to access care when and where you need it.



### DEDICATE 30 MINUTES TO A NEW ACTIVITY EACH WEEK

Expand your self-exploration with activities that benefit your physical, mental, or financial health. **Take a 30-minute walk, try a virtual crafting class, or review your weekly spending and see if you can cut \$10 from next week's spending.** Be flexible—change activities as needed and keep the ones that make an impact in your routine.

\*Some services are generally not considered preventive if you get them as part of a visit to diagnose, monitor, or treat an illness or injury. Please be aware that you may be responsible for the cost of any non-preventive care services you receive at your preventive care exam based on your plan design.