Better Health Starts with You

One out of every two adults has at least one chronic illness, many of which are preventable.* Prevention is the best medicine for your health, quality of life and prosperity. U.S. Preventive Medicine and the Cleveland Clinic Wellness Institute have partnered to offer The Preventive Plan™. This program provides a mobile-friendly website, personal health coaching, and strategies to get and stay healthy. As you participate, you will earn points toward your Preventive Score and improve your health and well-being.

Preventive Plan Resources
- Customized Preventive Plan Based on Age, Gender & Health Risks
- Incentive & Preventive Score Tracking
- Wearable Device Tracking
- Health Coaching
- Registered Nurse Care Management (optional)
- Healthy Habits
- Personalized Health Dashboard
- Health Log
- Learning Programs
- Daily Tips
- Nutrition & Wellness Information
- Searchable Health Library & Videos

(* http://www.cdc.gov/Features/PreventionStrategy/
Joining is easy! **Complete the four steps** below to enjoy the health and financial benefits of the Preventive Plan!

**REGISTER**
Complete the online registration form.

**COMPLETE HWA**
Log in to the Preventive Plan and complete your Health & Wellness Assessment (HWA).

**COMPLETE LABS**
Schedule and complete bloodwork and biometrics either on-site at your workplace or directly with a laboratory. You will be provided time, date, and more details.

**CALL A COACH**
After completing your HWA, labs and biometrics, call a USPM Health and Wellness Advisor to discuss your results and begin your health and well-being journey.

The Preventive Plan is HIPAA compliant. Your personal health information is protected and secure.

Your health is your most important asset. Get started today and add life to your years and years to your life!