

PREVENTIVE CARE IS MORE

CALM

LESS STORM



1 IN 3

people who have a long-term physical health condition also have a mental health concern—most often depression or anxiety.¹ A little care for your mind and body now can mean better health overall.

STARTING SMALL IS
STARTING STRONG.

It’s all about knowing what healthy looks like for you, and finding little ways to get ahead of it.

Scan the QR code to find support for your preventive care journey



¹ “Physical Health and Mental Health,” Mental Health Foundation, Feb. 18, 2022.