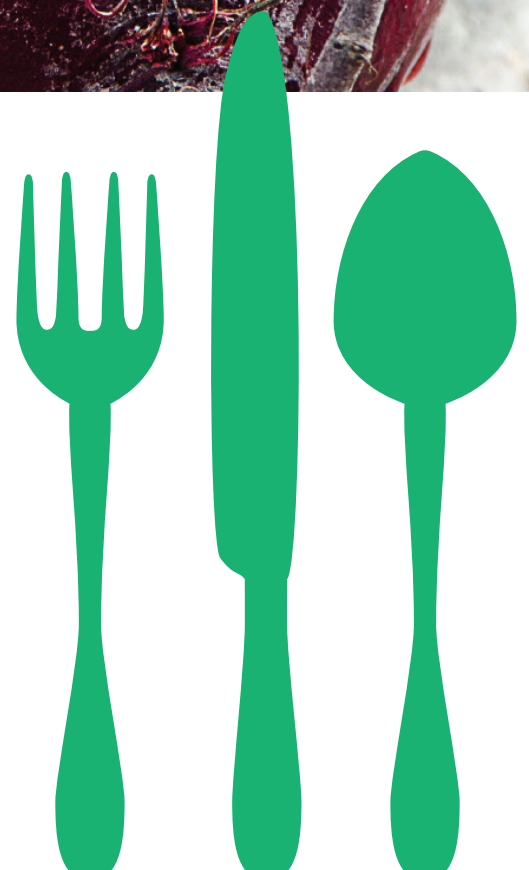


Your health just got a little better.

A healthy diet can help prevent serious health conditions down the road, including:

- > Cardiovascular (heart) disease
- > Diabetes
- > Some cancers
- > Obesity

Find healthy tips and recipes at fruitsandveggiesmatter.gov.



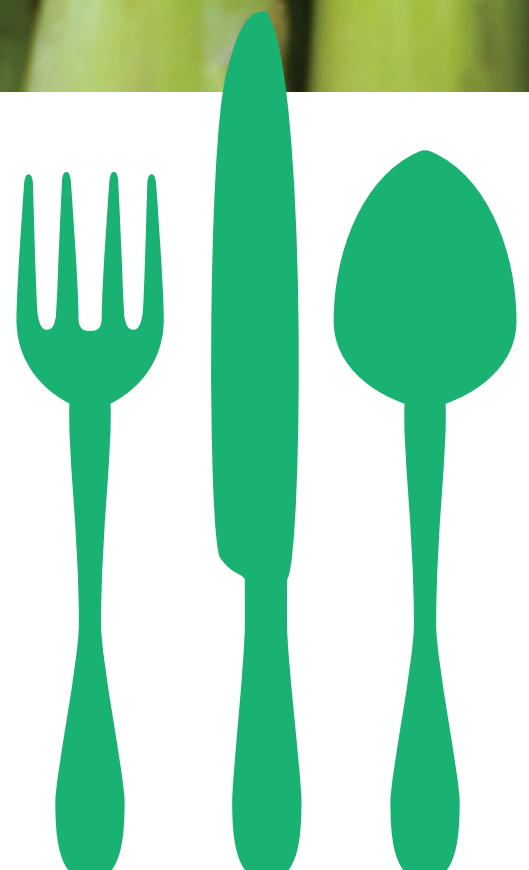
Moda Health offers free, one-on-one health coaching to help you get active and make other healthy lifestyle choices. Call 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.

Eat your way to better health.

What's your best defense against serious health conditions? A healthy diet! Try to avoid saturated fats and salt, and eat these foods first:

- > Fruits and vegetables
- > Whole grains
- > Lean protein
- > Low-fat dairy products

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