General Health Tips:

**EAT** nutritious food and less sugar.

**SLEEP** 8 hours and try to go to bed at the same time.

**CONNECT** with others as often as you can.

**HAPPINESS** Find three things that make you happy, notice how you feel when you think about them.

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Be sure to ask your doctor:

1. What is my biggest health issue?

2. What do I need to do?

3. Why should I do this?

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All About You

**Name**

**Phone**

**Allergies**

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Provider Name & Phone Number

Pharmacy name & Phone Number

Care Coordinator Name & Phone Number

Emergency Contact Name & Phone Number