

Ensuring Your Family's Health & Wellness



7 WAYS TO FIT FITNESS INTO YOUR LIFESTYLE

Between long hours at work and responsibilities at home, schedules are often packed, leaving little time for the gym. However, staying in shape can help boost immune systems and provide sustained energy. So, how can you find the time? Discover helpful tips to fit in fitness throughout the day, from educators like you, at: neamb.com/fit-in-fitness



Can High-Tech Healthcare Tools Keep You Healthy?

Now, thanks to technology, teachers can stay on top of their own health needs without spending much time or money. Find 5 healthcare tools here: neamb.com/high-tech-health



Dental Checkups Can Reduce Your Health Care Costs

Did you know that signs and symptoms of 90 diseases can be detected through a routine oral exam? Regular dental checkups are more important than ever, not only for oral health but for overall health. Learn more at: neamb.com/dental-health

**Text HEALTH to 73915 to download a copy of this flyer to your phone.
To receive other flyers, text ALLFLYERS to 73915 for the full list.**

DID YOU KNOW:

Americans spend more than \$65 billion a year on fitness.¹

Learn the ABC's of Medicare Coverage

If you or a loved one is approaching retirement, the more you know about Medicare coverage, the better off you'll be. The coverage options are labeled with the letters of the alphabet. But the simplicity stops there. View a helpful Medicare guide at: neamb.com/medicare-abcs



Other Helpful Topics:

7 Hazards That Can Spoil Your Cookout:
neamb.com/7-health-hazards

Boost Your Brainpower With These 7 Building Blocks:
neamb.com/brain-boost

¹ Eartheasy: Solutions for Sustainable Living, "Fuel-Efficient Driving" http://eartheasy.com/move_fuel_efficient_driving.html, accessed on 5/25/2017