



Good health isn't just a roll of the dice.

Attend the Know Your Numbers event.

It takes more than good luck to delay or prevent chronic conditions. Attend our health screenings event and learn your body mass index, body fat percentage, blood pressure, cholesterol and glucose.

Do even more for your health:

- **Eat a balanced diet.**
- **Stay active.**
- **Stop smoking.**



FOOTHILL-DE ANZA
Community College District

WELLNESS

OptumHealthSM provides information and support as part of your health plan. It is not a substitute for your doctor's care. Your personal health information is kept private in accordance with your plan's privacy policy. For more information, please refer to the telephone number on your health plan ID card.

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Optimizing Health and Well-BeingSM