

Includes blood tests valued
at hundreds of dollars

BETTER HEALTH STARTS HERE.

Your personalized, step-by-step
health improvement program

- ✓ Customized Plan just for you
- ✓ Comprehensive evaluation of your health risks
- ✓ Web and mobile tools help you get and stay healthier
- ✓ Health coaching and year-round support
- ✓ Tracking tools to help you meet your health goals
- ✓ Confidential and secure



From U.S. Preventive Medicine®



Download Macaw app. Sync. Track. Have fun.

3 Simple
Steps
to get started



BETTER HEALTH

The Prevention Plan can help you:

- ✓ Lose weight
- ✓ Lower your blood pressure
- ✓ Prevent type II diabetes
- ✓ Lower cholesterol
- ✓ Quit smoking
- ✓ Look and feel better
- ✓ Save money now and in the future on health care costs by getting healthier



MACAW™ from The Prevention Plan™, available at no cost through the App Store and Android Market, makes it simple to stay focused on your health. This full-featured app integrates with your Plan, as well as many other health apps and wireless devices to help you track your exercise, weight, calories and other important health information. Get reminders about needed health screenings, pick up valuable health information and complete activities to earn chances for monthly prizes.



www.MacawApp.com

[@MacawApp](https://twitter.com/MacawApp)

Do the best you can.

We know it is not easy to find time and energy to devote to your health. The Prevention Plan makes it easier to take the small steps that lead to big improvements in your health. This year-long program is designed to work for you in the real world — at home, at work, wherever you are.

Just follow the steps.

Upon becoming a member, you will receive easy-to-follow instructions to:

- 1 Register
- 2 Complete a comprehensive Health Appraisal
- 3 Complete a blood test and biometric measurements.*

From that detailed information, a customized Prevention Plan Report will be designed just for you, and you will be given all the tools and personal attention you want or need to feel your best.

STARTS HERE

The Prevention Plan's valuable benefits:*

- Online **Health Appraisal** and **comprehensive blood analysis** identifies your current and future health risks
- **Personalized Plan** gives specific information and recommendations about your health
- More than **25 online education programs** help you achieve your health goals
- Support from a **personal Health Coach** online or by phone
- **Preventive screenings schedule** and alerts based on age, gender and risks
- **Confidential Health Record** to store and manage your health information
- **Online health tools** to help you reduce your risks, including a robust health library, animations and an interactive symptom checker
- **Personal Prevention Score** tracks your progress and keeps you motivated
- **Results** to share with your doctor
- **24/7 nurse help**
- **Discounts** for health resources** to help with your weight, smoking, stress and more
- **Macaw™ App** to help you take your Prevention Plan anywhere
- **Activity and nutrition trackers** that connect to your mobile device and your Prevention Plan website
- **Plan-wide Challenges** allow you to compete with other members by tracking healthy actions through Macaw™ or your online portal
- **New resource center** for parents to help your kids live healthier

The Prevention Plan is shown to help reduce major health risks

More than 30 risks analyzed

Receive your customized, confidential program.

By collecting an in-depth inventory of your health, lifestyle and other factors, the health specialists at The Prevention Plan complete an analysis of your current and future health risks. You are then provided with a clinically sound roadmap to feeling better, looking better and being in the best health possible. Plus, it's completely confidential. You can be assured your sponsor and insurance company will never see your personal information.

Developed by leading preventive medicine specialists.



*Options available depend on program purchased

** U.S. Preventive Medicine receives no compensation from national Prevention Partners



Developed
by leading
preventive
medicine
specialists

“I am off my blood pressure medicine and feel better than ever...”

LET'S GET STARTED.

The sooner you register, the better for you. Refer to your Quick Start Guide* for the next steps to take and other important information. Need help? Call us anytime.

**The More You Know,
The Healthier You Can Be With...**



From U.S. Preventive Medicine®

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Learn More: 866-713-1180 • www.ThePreventionPlan.com

*If provided by your plan sponsor



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