Subject line: Your checklist to better health

*Get the most health from your health plan with these useful tips.*

**Your checklist to better health**

1. **Schedule your no-cost annual wellness visit**

It helps you keep your health on the right track and is covered at 100% when you see an in-network provider.

1. **Address ongoing health issues**

If serious health problems like heart disease or diabetes are not under control, they can lead to complications and even hospital stays.

1. **Focus on your mental health**

This is a stressful time for almost everyone. Too many people with mental health issues, such as depression and anxiety, or issues with alcohol or drugs, suffer without receiving needed care. But treatment can make a tremendous difference in your health. Call the BCBSRI Behavioral Health Line 24/7 at 1-800-274-2958 in non-emergency situations or for help finding a provider to address anxiety, depression, and other mental health concerns.

1. **Exercise for 30 minutes most days of the week**

It can improve your mood and sleep, strengthen your bones, and lower your risk for heart disease, diabetes, high blood pressure, and more.

1. **Have preventive cancer screenings**

These screenings can find diseases in earlier, more treatable stages and, in some cases, even help prevent them.

1. **Get your teeth cleaned**

If your teeth aren’t cleaned regularly, you could be risking cavities, gum disease, or even tooth loss. Gum disease may also worsen health problems such as diabetes and heart disease.

For details on how your BCBSRI health plan can help you stay healthy, read the full article available at The Rhode Ahead.

[Read the article.](http://www.rhodeahead.com/health/checklist-better-health?utm_source=newsletter&utm_medium=email&utm_campaign=the_rhode_ahead01142021&mkt_tok=eyJpIjoiTnpjME56UXdNRGMxT0RnMiIsInQiOiIxdVZPYm5oRnpBbndCRGozejNFTHlhaGFBcENuemRpc2o5bGRZKzE3clQ5UmhIaHlza2NWWVB5SXd5bXA1ZHNIT1BZVWtUS3Z6Q3pqa2w4YmRHSVR0UT09In0%3D)