



Know your numbers



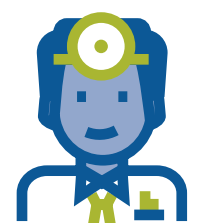
Take action today for a healthier tomorrow by learning more about your body.

Simple measurements such as your **body mass index (BMI)**, **blood pressure**, and **cholesterol** levels can provide vital information about changes you might need to make to stay healthy.

At at annual wellness visit—including at no charge with your PacificSource coverage—you can learn these and other important numbers. So make an appointment today and ask your doctor about these important indicators: BMI, blood pressure, and cholesterol levels.

Don't have a doctor, or want to try a new one?

Visit PacificSource.com/find-a-doctor, where you can choose from thousands of skilled professionals. PacificSource members can also find ways to improve their health at our wellness portal, CaféWell. Visit PacificSource.com, log in to InTouch, and select CaféWell.



A happier, healthier you awaits!