



# YOU CAN NEVER KNOW TOO MUCH ABOUT YOUR HEALTH

WHEN YOU WANT ANSWERS ABOUT YOUR HEALTH, YOU WANT THEM FAST!

**NEW AS OF JULY 1, 2018**

Informative **ARTICLES** and **VIDEOS** to help gain better understanding of your health metrics and discover new ways to improve your well-being. Plus, earn quarterly points under [Stay Active](#).

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Articles & Videos are located under the **Profile > Numbers** and **Well-being > Care tabs** on [connect.viverae.com](http://connect.viverae.com) and the Viverae® mobile app. Categories are listed on the left of the screen in blue. Click on one that interests you. When the new page opens you can view Featured Content on the right side of the screen by playing the video or opening an article.



## ARTICLES

Learn about your health metrics, preventive care exams, and more. Find informative articles to help you make healthy lifestyle changes.



## VIDEOS

Quick educational videos provide you with simple tips, guided information, and the support you need to make healthier decisions.

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