

In recognition of **Prevention and Wellness Month**, here are a few pieces of helpful information -

- The National Prevention Strategy, called for under the Affordable Care Act, outlines the ways that public and private partners can help Americans stay healthy and fit and improve our nation's prosperity. [Learn more about the release of the National Prevention Strategy.](#)



- Learn how to keep yourself healthy and prevent disease by visiting these pages from the Agency for Healthcare Research and Quality:
 - ✓ [Men: Stay Healthy at Any Age | en Español](#)
 - ✓ [Men: Stay Health at 50+ | en Español](#)
 - ✓ [Women: Stay Healthy at Any Age | en Español](#)
 - ✓ [Women: Stay Healthy at 50+ | en Español](#)
- Under the Affordable Care Act, many insurers are required to cover certain evidence-based preventive services at **NO COST** to you. Learn more about [Medicare](#) and [other](#) preventive services.



Brought to you by the US Department of Health & Human Services | Susan Johnson, Regional Director serving AK, ID, OR & WA.