

ROAD MAP TO PREVENTION

A common saying among health and wellbeing experts is **"If you don't make time for your wellness, you'll be forced to make time for your illness."** Use this Road Map to Prevention to help you prioritize your health and wellbeing all year long.

JANUARY

Start the Year with a Primary Care Physician

Developing a relationship with a PCP is a great first step on your wellbeing journey. They can become an expert in your health and help catch things early.



FEBRUARY

Schedule Your Annual Exams

Regular preventive care includes your dental cleanings and eye exams, too! Take some time and schedule your appointments for the year.



MARCH

Healthy Habits Start Here

Take advantage of discounts on fitness and nutrition programs through Active&Fit Direct and Blue 365 to help support your health goals.

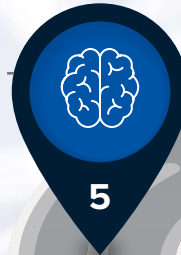
"The key to vibrant health is to nourish your body with whole, nutrient-dense foods."
— **DR. ERIC BERG, D.C.**
Health educator and author



MAY

Care for Your Mind

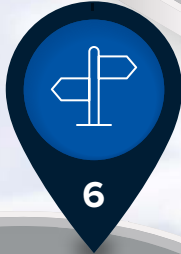
Work with the EAP or explore another one of our wellbeing resources to support your mental health during Mental Health Awareness Month.



JUNE

Sun's Out, Safety's In

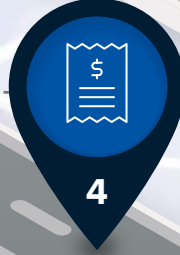
Stay hydrated and enjoy the sunshine! Traveling? Make sure you're protected through the available ID Theft and Legal protection resources.



APRIL

Financial Tune Up

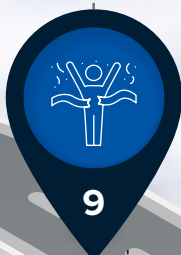
Make an appointment with a Fidelity representative to check in on your financial goals.



SEPTEMBER

Break Free from Chronic Pain

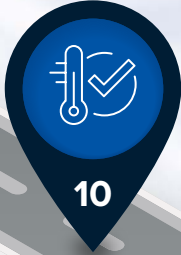
Living with chronic pain affects your daily life. Discover the available resources to help you on your journey to relief this Pain Awareness Month.



OCTOBER

Prep for Cold and Flu Season

Get your flu shot and talk to your PCP about how you can stay your healthiest during the winter.

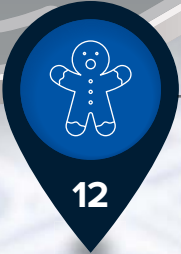
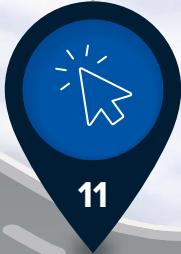


DECEMBER

Manage Holiday Stress

While the holidays can bring joy, they can also bring stress. The EAP is here to help find peace of mind during the busy season. And it's completely confidential! No one at Tenneco will know what you talk about or even that you reached out to get help with holiday (or any other) stress.

"Emotional pain should not and need not be a constant companion. Do not let it become one."
— **DR. GUY WINCH**
Licensed psychologist, author and advocate for emotional health



JULY

Get Your Preventive Screenings

Mid-year check-in: have you had your recommended preventive screenings. Still time to schedule appointments this year.

