

OptimaHealth 

KNOW YOUR NUMBERS

Health Screening Results

Know Your Numbers *ROADMAP*

This booklet is a resource guide from the health and prevention experts at Optima Health. Your wellness record results and details on the risk factors found during your visit are provided in the following pages. Use this guide to learn about ways to lower your health risks and how to make a plan to improve your health.



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11-15

Learn how **Well-being** impacts your health.

pg 2

Set a Goal to improve your health.

Learn about your **Risk Factors.**

pg
3-9

pg 1

Review your **Screening Record** results.

Screening Record

Blood Pressure		
Category	Systolic mmHg	Diastolic mmHg
Normal	Lower than 120	Lower than 80
Elevated	120 or higher	80 or higher

Body Mass Index (BMI)	
Clinical Guidelines on Obesity	
Underweight	Lower than 18.5
Normal	18.5 - 24.9
Overweight	25 - 29.9
Obese	30 - 39.9
Extremely Obese	40 or higher

Cholesterol (TC/HDL)	
Total Cholesterol (TC)	
Desirable	Lower than 200 mg/dL
Borderline	200 - 239 mg/dL
High	240 mg/dL or higher
HDL (good cholesterol)*	
Low	Less than 40 mg/dL
High	60 mg/dL or higher

**Higher HDL can be heart protective.*

Diabetes Risk (A1c)		
	Prediabetes	Diabetes
Increased Risk	A1c 5.7 - 6.4%	A1c ≥ 6.5%

	Blood Pressure	Body Mass Index (BMI)			Cholesterol		Diabetes Risk
DATE	BP-Systolic/Diastolic	HEIGHT	WEIGHT	BMI	TC	HDL	A1c

Risk Factors: (You are at risk if checked)

☐ Blood Pressure ☐ BMI ☐ Cholesterol ☐ Diabetes ☐ Exercise ☐ Tobacco Use

References: 2020 Sentara Clinical Guidelines and 2020 Standards of Medical Care ADA

RISK FACTOR KEY

- Blood Pressure.** Blood pressure is the force of your blood pushing against the walls of your arteries.
- Body Mass Index.** Body mass index is a calculation used to estimate your weight based on your height.
- Total Cholesterol.** Cholesterol is a waxy, fat-like substance that’s found in all the cells in your body.
- HDL.** HDL is sometimes called “good” cholesterol because it helps remove cholesterol from the body.
- A1c.** A1c is a blood test that measures your average blood sugar level over the past 3 months.

GOAL SETTING *for Well-being*

SMART goals provide an easy-to-follow structure for creating goals. This helps you break down your goal into a format that makes it simpler to plan for, track, and ultimately achieve. Refer to the specific risk factor pages for ideas on how to build a SMART goal.

Specific

A specific goal has a much better chance of being accomplished than a general one. Goals should be clear and state exactly what is expected, why it is important and when is it going to happen.

Measurable

Set criteria for measuring progress toward the goal you set. How much, how many, when, or for how long?

Attainable

Is this a goal you can reach? While an attainable goal should be out of reach, it shouldn't be extreme. Goals should neither be out of reach nor so easy that they require little effort.

Relevant

Does your goal reflect something you really want and can actually work on right now? The results of your goals should be something that you can realistically achieve given the available resources.

Time-bound

It's important to ground goals within a time frame, giving them a target date. Committing to a deadline helps focus your efforts on completing your goal.

SMART Characteristics	Questions to ask yourself
Specific	What will I be doing? Where will I be doing it? How will you be doing it?
Measurable	How often? How much? When? How long?
Attainable	How will I reach this goal? Do I have the tools and/or support I need?
Relevant	Do these actions help me reach better well-being? Is this the right time?
Time-bound	When should this goal be accomplished?

Write Your Goal: _____

Example: I will drink 3 glasses of water every day instead of sweetened ice tea for the next two weeks. Refer to the following pages within this booklet to help create your goal.

BLOOD PRESSURE



What is it?

Blood Pressure is the force of blood pushing against the walls of your blood vessels or arteries as the heart pumps. High blood pressure, also known as hypertension, is a common disease in which the force or pressure of blood flow against the artery wall is too high. A blood pressure reading less than 120/80 is considered normal. A healthy lifestyle can decrease your risk of developing high blood pressure.

Why is it important to have normal blood pressure?

Untreated high blood pressure may damage your circulatory system and increase your risk of heart disease, stroke and other health problems. Frequent elevated blood pressure readings can contribute to a diagnosis of hypertension. A healthy lifestyle can lower your risk even though risk factors such as age, family history and genetics cannot be changed. Modifiable risk factors include unhealthy lifestyle habits such as: being overweight, physical inactivity, excess sodium intake, tobacco use and alcohol intake. Check your blood pressure often because high blood pressure usually does not cause symptoms until serious complications occur.

What can you do?

- Adopt a heart healthy eating pattern such as D.A.S.H. (Dietary Approaches to Stop Hypertension).
- Focus on fruits, vegetables, low fat milk products, whole grains, fish, poultry and nuts.
- Consume less than 2,300 mg of sodium a day.
- Aim for a healthy weight. Losing even 10 pounds can lower blood pressure.
- Be physically active to help prevent or control blood pressure. Aim for 30 minutes of moderate level activity on most days like brisk walking or bicycling.
- Quit tobacco. Tobacco use injures blood vessels and speeds up artery damage. Your risk of having a heart attack is reduced after being tobacco free for 1 year.
- Limit alcohol intake, having only a moderate amount; one drink a day for women, two drinks a day for men.
- Manage stress. Stress contributes to hypertension and other heart disease risk factors.

BODY MASS INDEX



What is it?

Body mass index (BMI) is a person's weight divided by their height. BMI accurately estimates total body fat, except if you are extremely muscular. If you have a high BMI you have a higher risk of developing serious health problems including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Why is aiming for a healthy weight important?

Aiming for a healthy weight is important. It helps you lower your risk for developing serious health problems, helps you feel good about yourself, and gives you more energy to enjoy life. Setting the right goal is an important first step to losing and maintaining weight. Losing just 5-10 percent of your current weight over 6 months will lower your risk for heart disease and other conditions. Losing 1-2 pounds per week is a reasonable and safe weight loss goal. Losing weight at this rate will help you keep off the weight, and it will give you time to make new healthy lifestyle changes.

What can you do?

- Choose healthy options more often.
- Drink water instead of sugary drinks like soda, sports and energy drinks, and sweetened coffee drinks.
- Talk to a registered dietitian nutritionist (RDN) and develop a personalized meal plan for weight loss.
- Snack on fruits and vegetables such as green and red pepper strips or broccoli with hummus.
- Read the Nutrition Facts label to learn how much food is in a serving and check the calories per serving.
- Be more physically active. Aim for 30-60 minutes per day. Add muscle strengthening activities two or more days a week.
- Join a walking group. Recruit a partner for support and encouragement.
- Stretch, exercise, or pedal a stationary bike while watching television.
- Avoid stress eating by practicing deep breathing and meditation.
- Establish a daily sleep routine.

Directions

- 1. Find your height across the top row.
- 2. Look down the column under height to find your weight in pounds.
- 3. Look at the column all the way to the left to find your BMI.

Your BMI is _____

HT	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
BMI	BODY WEIGHT (POUNDS)																		
19	91	94	97	100	104	107	110	114	118	121	125	128	132	136	140	144	148	152	156
20	96	99	102	106	109	113	116	120	124	127	131	135	139	143	147	151	155	160	164
21	100	104	107	111	115	118	122	126	130	134	138	142	146	150	154	159	163	168	172
22	105	109	112	116	120	124	128	132	136	140	144	149	153	157	162	166	171	176	180
23	110	114	118	122	126	130	134	138	142	146	151	155	160	165	169	174	179	184	189
24	115	119	123	127	131	135	140	144	148	153	158	162	167	172	177	182	186	192	197
25	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	189	194	200	205
26	124	128	133	137	142	146	151	156	161	166	171	176	181	186	191	197	202	208	213
27	129	133	138	143	147	152	157	162	167	172	177	182	188	193	199	204	210	216	221
28	134	138	143	148	153	158	163	168	173	178	184	189	195	200	206	212	218	224	230
29	138	143	148	153	158	163	169	174	179	185	190	196	202	208	213	219	225	232	238
30	143	148	153	158	164	169	174	180	186	191	197	203	209	215	221	227	233	240	246
31	148	153	158	164	169	175	180	186	192	198	203	209	216	222	228	235	241	248	254
32	153	158	163	169	175	180	186	192	198	204	210	216	222	229	235	242	249	256	263
33	158	163	168	174	180	186	192	198	204	211	216	223	229	236	242	250	256	264	271
34	162	168	174	180	186	191	197	204	210	217	223	230	236	243	250	257	264	272	279
35	167	173	179	185	191	197	204	210	216	223	230	236	243	250	258	265	272	279	287
36	172	178	184	190	196	203	209	216	223	230	236	243	250	257	265	272	280	287	295
37	177	183	189	195	202	208	215	222	229	236	243	250	257	265	272	280	287	295	304
38	181	188	194	201	207	214	221	228	235	242	249	257	267	272	279	288	295	303	312
39	186	193	199	206	213	220	227	234	241	249	256	263	271	279	287	295	303	311	320
40	191	198	204	211	218	225	232	240	247	255	262	270	278	286	294	302	311	319	328
41	196	203	209	217	224	231	238	246	253	261	269	277	285	293	302	310	319	327	336
42	201	208	215	222	229	237	244	252	260	268	276	284	292	301	309	318	326	335	344
43	205	212	220	227	235	242	250	258	266	274	282	291	299	308	316	325	334	343	353
44	210	217	225	232	240	248	256	264	272	280	289	297	306	315	324	333	342	351	361
45	215	222	230	238	246	254	262	270	278	287	295	304	313	322	331	340	350	359	369
46	220	227	235	243	251	259	267	276	284	293	302	311	320	329	338	348	358	367	377
47	224	232	240	248	256	265	273	282	291	299	308	318	327	338	346	355	368	375	385
48	229	237	245	254	262	270	279	288	297	306	315	324	334	343	353	363	373	383	394
49	234	242	250	259	267	278	285	294	303	312	322	331	341	351	361	371	381	391	402
50	239	247	255	264	273	282	291	300	309	319	328	338	348	358	368	378	389	399	410
51	244	252	261	269	278	287	296	306	315	325	335	345	355	365	375	386	396	407	418
52	248	257	266	275	284	293	302	312	322	331	341	351	362	372	383	393	404	415	426
53	253	262	271	280	289	299	308	318	328	338	348	358	369	379	390	401	412	423	435
54	258	267	276	285	295	304	314	324	334	344	354	365	376	386	397	408	420	431	443

CHOLESTEROL/HDL



What is it?

Cholesterol is a waxy, fat-like substance that the body uses to form cell membranes and create hormones, vitamin D and other substances. High blood cholesterol can cause blockages in your blood vessels and lead to heart disease and stroke.

Total cholesterol (TC): The combined total of LDL (low-density lipoprotein) and HDL (high-density lipoprotein) cholesterol + 20% of triglyceride level. LDL or “bad cholesterol” can build up on the walls of your arteries along with other fat.

HDL (high-density lipoprotein) cholesterol: This “good cholesterol” carries extra cholesterol and fat in the blood and helps to remove it from the body.

Why are healthy cholesterol levels important?

High total cholesterol levels can cause fat to build up on the walls of your blood vessels, narrowing the passage and making it harder for blood to flow. If a vessel leading to the heart becomes blocked, blood may no longer be able to reach the heart, and a heart attack may result; if the vessel leads to the brain, a stroke may occur. Both genetics and lifestyle choices influence cholesterol levels. Healthy lifestyle choices can help prevent and treat high cholesterol levels.

What can you do?

- Limit foods high in saturated fat such as animal products like meat, full-fat dairy such as cheese, butter, and whole milk, and coconut oil.
- Avoid trans fat by reading food labels and limiting processed foods like baked goods.
- Choose unsaturated fats like olive oil, canola oil and safflower oil, fish, nuts, seeds, and avocado.
- Choose lean meats, skinless poultry and low fat or fat free dairy products, and seafood.
- Eat more fruits, vegetables and whole grains. Fiber in oats, beans, peas and lentils can help lower cholesterol.

DIABETES RISK (A1c)



What is it?

Glucose is a sugar that travels through the bloodstream to the cells in your body to be used as energy. Hemoglobin A1c is the average of a person's blood glucose levels over the past 3 months. Glucose sticks to red blood cells, but too much glucose causes damage to the body. The more glucose in your blood, the more damage to your body.

Why is it important to keep hemoglobin A1c within an acceptable range?

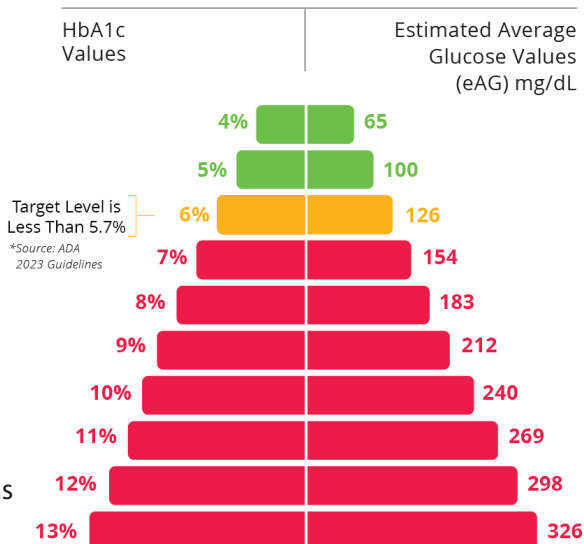
The higher the hemoglobin A1c the more damage it can cause to the body. The goal is to have a hemoglobin A1c below 5.7%. Pre-diabetes levels are higher than normal but not yet high enough to be called diabetes. People who have pre-diabetes are more likely to develop diabetes within 10 years. Diabetes can cause severe damage to the eyes, kidneys, and nerves and can increase the risk of heart attack and stroke.

What can you do?

The best way to prevent diabetes is to reach a healthy weight and include movement in your daily routine. If you are overweight, a weight loss of 5-7% can significantly reduce your diabetes risk.

- Limit drinks and foods high in sugar and fat such as soft drinks, juices, fried foods, and snacks such as potato chips and candy.
- Eat vegetables and fruits every day. Aim for at least 2 cups of vegetables per day.
- A minimum of 30 minutes of activity a day can help reduce or reverse your diabetes risk.
- If your A1C falls in the prediabetes range or above, check with your local hospital or the National Diabetes Prevention Program to locate a diabetes prevention program in your area.
- Contact your health care provider as soon as possible if your A1c level is 6.5 or higher.

A1c Percentage Compared to Glucose Levels



EXERCISE



What is it?

Exercise is a type of physical activity that involves planned and structured bodily movements to maintain or improve your physical fitness and health. Types of physical activity include:

Aerobic Activities are movements of the large muscle groups in a rhythmic manner for a sustained period of time. It makes your heart beat faster and breathing rate increase.

Muscle-Strengthening Activities make your muscles work harder than they are used to and include the major muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms.

Flexibility Activities enhance the ability of your joints to move through their full range of motion. Greater flexibility allows you to move more comfortably and participate more easily in aerobic and strength activities.

Why is regular exercise important?

Moving more and sitting less can help everyone stay healthy. Scan the code above to learn more about why being active is important to your health. Staying active can:

- Sharpen your focus.
- Make you feel better and sleep better.
- Reduce your risk of many chronic diseases.

What can you do?

- Sit less. Take stretch breaks every hour or short walks throughout the day. Hold a walking meeting.
- Take the stairs instead of the elevator.
- Perform 10 minutes of a home workout routine.
- Take a brisk walk around the block.
- Try yoga or tai chi.
- Enjoy the outdoors with a hike or bike ride.
- Join a local sports league.
- Join a charity road race.

TOBACCO



What is it?

People can smoke, chew, or sniff tobacco. Smoked tobacco products include cigarettes, cigars, bidis, and kreteks. Some people also smoke loose tobacco in a pipe or hookah (water pipe). Chewing tobacco products include chewing tobacco, snuff, dip, and snus. Electronic cigarettes, also known as e-cigarettes or vaping devices, are battery operated devices that deliver nicotine with flavorings and other chemicals to the lungs.

Avoiding tobacco is important because...

Tobacco contains nicotine, a chemical that can lead to addiction. Long-term tobacco use increases the risk of cancer, heart disease, stroke, lung diseases, reproductive effects, and many other chronic illnesses. If you use tobacco and have a high BMI you have a higher risk of developing serious health problems including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

What can you do?

The best thing you can do is quit using tobacco. Quitting tobacco use will benefit you at any age and improve your health and quality of life. Both counseling and medication can help, but counseling and medications together may give you the best chance of quitting tobacco.

Optima Health Insured

- **Web MD telephonic coaching:** Call 1-866-513-2507 to engage in a 12-week program with a certified health coach. Includes free nicotine replacement therapy and advice on proper usage.
- **At home program:** Visit www.optimahealth.com/mylifemyplan to view our self-paced program called: "Get Off Your Butt: Stay Smokeless For Life"

Non-Optima Health Insured

- **QuitNow Virginia telephonic support:** Call 1-800-QUITNOW (1-800-784-8669). This is a state funded quit line that provides counseling, free nicotine replacement therapy and advice on proper usage.
- **At home program:** Visit www.optimahealth.com/mylifemyplan to view our self-paced program called: "Get Off Your Butt: Stay Smokeless For Life".

The tips included in this booklet are intended to be general guidance toward a lifestyle focused on overall well-being. Please consult with a medical, psychological or financial professional for specific strategies to best fit your individual well-being goals.

UNDERSTANDING *WELL-BEING*

The following pages explain how well you are being in terms of your physical, emotional, social and financial health. The wellbeing wheel helps to explain this concept. Each area of the wheel is important to your overall health and wellbeing. For example:

Physical Well-being—Health risk factors like high blood pressure and cholesterol, being overweight and tobacco use can affect your physical wellbeing. Eating a plant-based diet, exercising and stopping tobacco use are some ways to improve your health.

Emotional Well-being—The way that you handle stress and adapt to change affect your overall mental health. Deep breathing exercises, quality sleep and relaxation habits can help your emotional wellbeing.

Social Well-being—Your social interactions with others and how you express yourself can affect your mental and physical health. Nurture positive relationships with others and limit electronic screen time to build strong support systems.

Financial Well-being—Managing your financial expenses and money are important for your financial wellbeing. Creating a budget and saving for emergencies can support your financial health.



As you read the following pages, notice a color banner across the top of each page. The banner color highlights each topic area of the wheel.

The information included in this booklet are intended to be general guidance toward a lifestyle focused on overall wellbeing. Please consult with a medical, psychological or financial professional for specific strategies to best fit your individual wellbeing goals. Resources used for this booklet include:

Your Healthiest Self, NIH, 2022
Consumer Education, CFPB, 2022
Healthy Living, WebMD Health Services, 2019
High Blood Pressure, NIH, 2022
Healthy Weight, CDC, 2022

All About Your A1c, CDC, 2022
Cigarettes and Other Tobacco Products, NIH, 2021
Tobacco Use, Healthy People 2030
Primary Prevention of CVD, AHA, 2019
Dietary Guidelines for Americans, 2020-2025

Physical Activity Guidelines for Americans, 2nd edition
Health Risks of An Inactive Lifestyle, Medline Plus, 2023
National Health Interview Survey, CDC, 2023

PHYSICAL WELL-BEING

Eating a balanced diet, exercising, and maintaining a healthy weight are important to keep your body working properly. Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Taking steps to protect your health is the best way to prevent disease and other conditions. Health screenings, vaccines, and guarding yourself from germs can help keep you feeling your best.

*Always remember your **FITNESS***

F Focus on daily movement

Set aside time each day to move. Do what's easy and fun such as walking, bike riding or dancing. Start slow with as little as 10 minutes and gradually increase to 30-40 minutes most days.

I Incorporate strength

Target all major muscle groups and try muscle strengthening exercises 2-3 times per week.

T Try something new

Add variety for maximum benefits. Try a new exercise class, programs in your community or local parks and trails.

N Never forget hydration

Always have water and fluids available to maintain adequate hydration. Thirst can be a sign of dehydration.

E Eat colorful meals

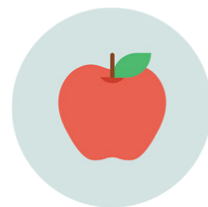
Fill half your plate with fruits and vegetables. Their colors provide vitamins, antioxidants and other important nutrients.

S Seek balance & flexibility

Regular movement and muscle strengthening exercises improve your balance and reduce your risks for falls and injury.

S Strive for a healthy weight

If you are overweight, losing as little as 5-7% of your bodyweight can create a significant difference in your physical wellbeing.



EMOTIONAL WELL-BEING

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and stressors can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

*Always remember your **HEART***

H Handle stress

During times of stress, try deep breathing exercises. Breathe slowly in through your nose. Fill your belly with air. Breathe out slowly through your nose. As you breathe out, imagine the stress leaving your body with your breath.

E Embrace social connections

Make plans for lunch, a walk on the beach, a volunteer event or other fun activity weekly with old or new friends. Expand your social network by joining a recreational sports team, taking a community class or connecting with an organized group of people that share a similar interest.

A Aim for quality sleep

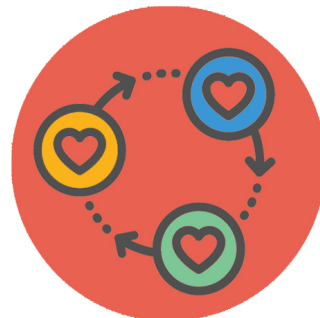
Establish a regular bedtime relaxation routine. Turn off electronics an hour before going to sleep. Keep your bedroom at a cool temperature, dark and as quiet as possible. Avoid stimulants like caffeine and nicotine, alcohol, meals and emotional conversations before bedtime.

R Rest and relax

Take a nature walk or simply sit and enjoy a beautiful view. Incorporate relaxing activities like stretching, gardening, reading and writing or deeper forms of relaxation like meditation, tai chi or yoga.

T Try mindfulness

Quiet your mind and appreciate the moment for exactly what it is. Bring awareness to your breath, body, feelings and thoughts or something in your environment. Set aside regularly scheduled time to practice mindfulness and protect yourself from the demands of a busy life.



SOCIAL WELL-BEING

From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself and conduct everyday health habits. Positive social habits can help you build support systems and stay healthier mentally and physically.

Always remember your **FRIEND**

F Foster connections with others

Build positive relationships with family, friends and coworkers by staying in touch and spending time together on a regular basis.



R Reduce screen time

Limit your social media time to only a few minutes a day. Have face-to-face conversations and meetings with those that you care about.

I Invest in family time

Spend time together doing fun activities such as family game night, pot luck dinners or outdoor activities such as walks around your neighborhood or bike riding. Investing in family time yields high rewards.



E Empower others

Provide positive and encouraging support to your circle of friends and family. Encourage independence and openness to new experiences.



N Nurture healthy relationships

Share your feelings honestly and listen to others without judgment. Identify relationships that are unhealthy for you and learn to set boundaries on those relationships.



D Designate "me" time

Taking care of self is often overlooked yet essential to your overall well-being and the health of your relationships. It's important to find ways to care for your health while caring for others.



FINANCIAL WELL-BEING

Financial well-being can look different to each individual. Taking the steps to control your day-to-day finances, meet financial goals, absorb financial shock, and live within your financial means is the best way to support your financial health.

*Always remember your **MONEY***

M Maintain control

Become aware of your spending habits and develop a spending plan for extras like dining, shopping and vacations. For example, set a spending limit for the week and don't exceed it.

O Organize priorities

Categorize your money into the following buckets:

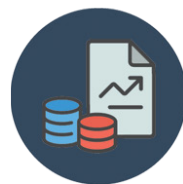
- “**Must have**” such as your mortgage/rent, food or childcare
- “**Nice to have**” such as new clothes and outings
- “**Near term**” such as home/auto repairs and taxes
- “**Future**” such as retirement or a down payment

N Nest for emergencies

Add up the cost of items listed in your “must have” and “near term” buckets and multiply by 3. Let that be your first savings goal in the event of job loss or illness.

E Emphasize saving

Always pay yourself first. To reach your savings goals you can (1) find additional income, (2) spend less money or (3) do both.



Y Your budget - build one!

Start telling your money where to go instead of wondering where it went. Revisit the list of priorities in the 4 buckets mentioned above. Assign appropriate dollar amounts to those expenses and stick to your limits. Re-evaluate how you allocated your money the following month and adjust as needed.



NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Staying Healthy Programs

Optima Health provides a collection of award-winning programs to improve health by covering total well-being and focusing on the adoption of healthy lifestyle choices.

For more information, **visit optimahealth.com/mylifemyplan**

Eating for Life

Develop healthy eating
and exercise habits

Get Off Your Butt: Stay Smokeless for Life

Quit tobacco to improve your health

Guided Meditation Audio Library

Experience a retreat from
everyday stressors

Healthy Habits Healthy You

Develop habits to prevent
diabetes and heart disease

MoveAbout

Gain help in your journey to
become more active

Yoga/Tai Chi Video Library

Choose from stretching
and strengthening exercises or
mental and physical relaxation

Sleep Better

Enhance sleep via online
learning experience

Stress Less

Prevent and manage stress
from daily life with this
interactive online program

Meal Planning

Plan meals to support your
physical and financial well-being

Maintain Muscle Mass

Explore how strength training can do
more than make you strong

Health & Well-being On-demand Webinars

Watch archived monthly webinars
from experts at Optima Health on
a variety of topics focused on health,
disease prevention, and well-being

Additional resources are available to Optima Health Members only by signing onto optimahealth.com and selecting Get Healthy.

