



Let's make this year your healthiest yet

Stay healthy all year long—do the prep work now.

Life- and health- changes can happen at any time. Sudden changes are easy to deal with if you have a plan. Missed preventive screenings, health emergencies and mental health issues due to stress or related sudden health changes can quickly lead to poor or decline in health. Here's how you can prepare now:



Find a primary care provider (PCP) and schedule an annual exam—get ahead of health concerns now, because health care is self-care.



Prepare a list of nearby urgent care centers—look for facilities close to home, work and school, and choose ones that are in-network. Keep the addresses and contact information as contacts in your phone.



Source a mental health provider—look for both counseling and psychiatric care appropriate for yourself or your family needs. Mental health professionals can address a wide range of issues, specific to age or condition.

Not sure where to begin?

Simply log in to your Health Pro Connection to get started or to connect with your Health Pro for additional help.



SCAN TO DOWNLOAD the Alight mobile app
SELECT Health Pro Connection to get started

OR

CALL 800-513-1667