

HealthyWay

SMALL CHANGES. BIG RESULTS.

Your guide for everyday wellness.



Roadmap to wellness

Build lasting, daily habits that strengthen your mind and body at any age. Discover simple, sustainable steps for nutrition, movement and sleep for a healthy future.

Growing up healthy

You don't need a nutrition degree or perfect lunchboxes to raise healthy, happy kids. Everyday habits like colorful water pitchers and cooking together can quietly shape a child's well-being.

Living with pain

What if the ache you've had for years could actually go away? Physical therapy might be the answer you never thought to ask for.



Did you know?

The Medicare Annual Election Period (AEP) is just around the corner. Because Medicare benefits change each year, now is the perfect time to review your current coverage and make sure it still fits your healthcare needs for 2027.

From **October 15 through December 7**, you'll have the opportunity to make changes to your Medicare plan. Stay tuned for details on how to schedule your free Medicare plan review and make informed decisions for the year ahead.

Healthy potato skins? Yes, please.

Score a touchdown at your next game-day watch party with these crispy potato skins that swap heavy grease for healthy ingredients. This crowd-pleaser delivers all the comfort of the classic stadium snack but keeps things light and energized for the big game.