The United States spends a greater percent of gross domestic product on health care than any other major industrialized nation (CDC)

10 Tips To Improve Your Health:

1. **Move More**: Make it a daily challenge to find ways to move your body.

2. **Eat Less Fat**: Reduce the amount of fat in your diet; every bit counts.

3. **Quit Smoking**

4. **Reduce Your Stress**: Find time to relax, laugh and use positive thoughts.

5. **Protect Yourself from Pollution**: Avoid smoke-filled rooms, highway congestion and exercise indoors during high smog days.

6. **Wear Your Seatbelt!**

7. **Floss Your Teeth**: Recent studies directly connect flossing with longevity.

8. **Avoid Excessive Drinking**: While studies show one glass/day can help; too much can cause disease of the liver and kidneys.

9. **Keep a Positive Mental Outlook**

10. **Know Your Genes**: Though genetics are powerful links to disease, most conditions improve by being healthy.

Browse your Living Well Health Manager for specific advice on all these Tips: go to [www.webmdhealth.com/UT](http://www.webmdhealth.com/UT), select Living Healthy

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*