

Set yourself up for a healthy year!

Here's to a healthy and happy 2025

Your health and wellbeing are important, and we have the tools to support you. Access Health Pro Connection and your Health Pro to find in-network care providers, schedule appointments, understand your benefits, confirm benefits coverage was properly applied, and get help solving billing issues.

Below are three simple steps you can take to keep you organized throughout the year and better prepared to manage any surprises.

1

Find a primary care provider (PCP)

From regular check-ups to managing chronic diseases, a PCP is your first point of care. Having a PCP who understands your health history, ensures you are current on exams, coordinates with specialists on your overall health, and guides you in making decisions can bring peace of mind.

2

Schedule annual exams and screenings

Align your schedule with your doctor's early in the year because appointments for annual physicals often book out several months in advance. Annual exams and screenings are important for catching and treating potential health issues early, which can lead to better outcomes.

3

Source a mental health provider

When it comes to your wellbeing, a healthy mind is equally as important as a healthy body. If you find that you've lost interest in the things you once loved or are struggling with your thoughts and emotions, a mental health professional can help. You can look for both counseling and psychiatric care for yourself or your family.



Get started today!

Scan to download the **Alight Mobile app**.

Select **Health Pro Connection** to get started or call **1.800.513.1667**.