

# Your Health & Well-Being

## Ten Tips To Help Women Take Care Of Their Health And The Health Of Their Families

by Roba Whiteley

(NAPSA)—For a majority of American families, women are the key decision makers when it comes to family health care. According to the U.S. Department of Labor, women are responsible for approximately 80 percent of all decisions on family health care and are more likely to be the care-



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givers when someone in the family becomes ill. Therefore, it's important for women to stay informed and knowledgeable about ways to take better care of their health and the health of their families. Here are tips to help:

### **Manage Stress**

1. Find ways to destress, such as exercising or simply spending time relaxing.

2. Make sure you get seven to nine hours of sleep each night, as recommended by the Centers for Disease Control and Prevention. Children need even more. Not getting enough sleep is associated with a number of chronic conditions, such as diabetes, cardiovascular disease, obesity and depression.

### **Eat Healthfully**

3. Prepare healthy meals and snacks.

4. Limit alcohol intake.

5. Focus on fresh and grown-close-to-home foods when possible.

### **Get Regular Exams**

6. Schedule physical exams for yourself and your family.

7. Make sure you and your family are up to date on preventative checkups and tests such as mammography, Pap smear, prostate cancer test and cholesterol or diabetes screenings.

### **Check Your Medicines**

8. Organize your medicine chest and check expiration dates.

9. Plan ahead for prescription refills.

10. Determine if you and your family are eligible for free prescription assistance resources, such as the Together Rx Access® Card, which helps eligible uninsured Americans save on the medicines they need to stay healthy and to manage chronic conditions. Individuals who enroll receive a free-to-get and free-to-use card that can help them save on brand-name and generic medicines right at the pharmacy counter.

### **Learn More**

For more information and a list of medicines and participating pharmacies, visit [TogetherRxAccess.com](http://TogetherRxAccess.com) or call (800) 966-0407.

• *Ms. Whiteley is executive director of Together Rx Access, a free prescription savings program that helps eligible Americans without prescription coverage gain access to immediate and meaningful savings on their medicines.*