

Healthy You

A digital magazine for you



About Healthy You

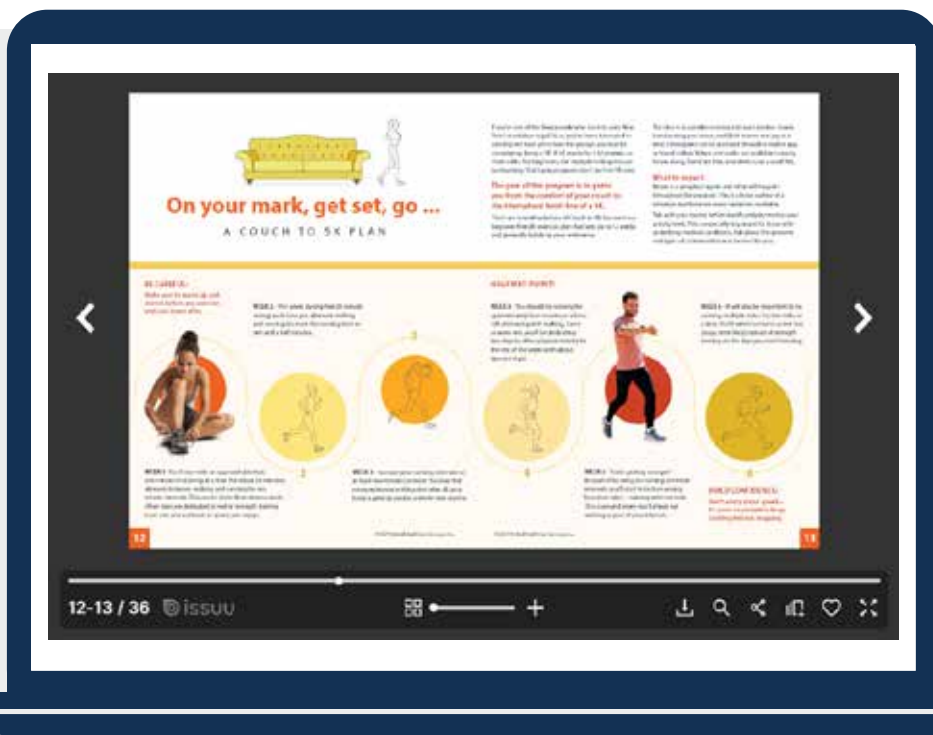
UMR's award-winning digital health and wellness magazine, *Healthy You*, is available quarterly to view online, download and share. Our digital magazine features new and informative health and wellness articles and practical tools that support and encourage you to make healthy choices. You can access new and past issues by selecting **Read Healthy You** from the main home page on umr.com.

What's in Healthy You?

Healthy You is packed with helpful resources to address many of the most common health concerns, as well as timely special feature articles.

Features

- Getting care
- First aid
- Online and mobile tools
- Chronic condition resources (cancer, diabetes, lung health, heart health)
- Healthy lifestyle
- Making a change
- Stress management
- Healthy recipes
- Fitness tools
- Preventive care
- Women's health
- Men's health
- Kids' health
- Spanish-language resources

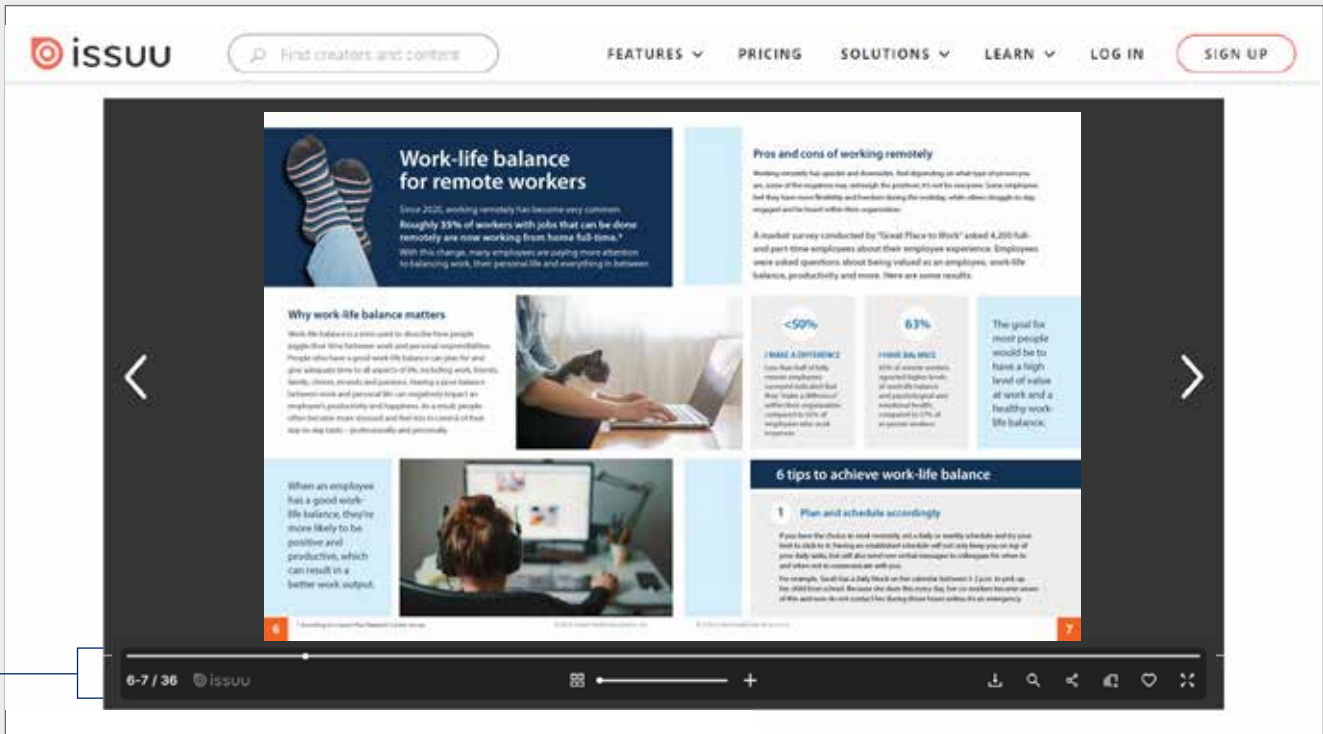


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What is a digital magazine?

A digital magazine is like a printed magazine, except it's available online. You can "flip" through it page-by-page as you always have, but now you have the power to zoom in, clip and share articles with family and friends, as well as choosing **linked resources**.



GRID VIEW

to jump to the page you want to read

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and then zoom out to easily read

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Note: Some features may require ISSUU registration

It's mobile too!

You can view *Healthy You* on your mobile device by downloading the ISSUU app from the app store.



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