



eHcollectorAS_10a

Please review the text below and use the highlighting tool to choose any words that you find unclear or confusing?

To use the highlighting tool, simply click on the words that you find unclear or confusing.

What steps can you take to be at your best?

- Choose behaviors like eating a healthy diet, being physically active and taking folic acid every day.
- Stop smoking, using street drugs and drinking excessive amounts of alcohol.
- Get screened and tested for possible medical problems like infections or diabetes.
- Talk with your doctor about how to best manage your medical conditions.
- Make sure your vaccinations are up-to-date.
- Get mentally healthy.
- Get regular checkups at least once a year.
- Use effective birth control to prevent pregnancy.

None of the words are confusing