



# Make every beat count



## You only have one, so give your heart the care it needs.

Schedule regular checkups at your wellness center to monitor your body measurements, cholesterol and blood pressure. It's also important to live a heart-healthy lifestyle. Simple changes in your routine can help keep your heart in good shape and lower your risk of heart disease or stroke.



**Talk to your provider.**

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

### Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.

The Wellness Center  
Operated by Premise Health.