

|    | J A N                                                                                                                                                                                                | F E B                                                                                                                                                                                                                                      | M A R                                                                                                                                                                                                                                        |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Q1 | <b>Physicals and Results*</b><br>Physicals can be confusing, but not at Premise Health. Here's what you can expect. We'll explain your results in terms that make sense. (Webinar teaser - February) | <b>Cholesterol and Heart Health</b><br>Want to know more about HDL, LDL and hyperlipidemia? We'll take the time to walk you through your readings and guide you toward better heart health.                                                | <b>Asthma and Allergies</b><br>Simple tests can help you diagnose these common conditions. We can order tests, and provide medication and allergy shots to manage your symptoms.                                                             |
|    | A P R                                                                                                                                                                                                | M A Y                                                                                                                                                                                                                                      | J U N                                                                                                                                                                                                                                        |
| Q2 | <b>Headaches and Migraines</b><br>Don't suffer in silence. If you have regular headaches that interfere with everyday activities, we can help.                                                       | <b>Anxiety and Mental Wellness</b><br>Anxiety is a common health condition often left untreated. And different types benefit from different care plans. Your PH provider is here to deliver the care you need to feel better.              | <b>Women's Health (+Menopause and HRT)*</b><br>Women's health can be complicated, so you need a healthcare team in your corner. We'll work with you to develop a personalized care plan for your age and stage. (Webinar teaser – late June) |
|    | J U L                                                                                                                                                                                                | A U G                                                                                                                                                                                                                                      | S E P                                                                                                                                                                                                                                        |
| Q3 | <b>Weight Management</b><br>Many Americans deal with weight concerns, and it gets harder as we age. We can help you adopt a safe, steady strategy to get back to your ideal weight.                  | <b>Men's Health (+Testosterone Facts)*</b><br>With all you do, it's important to prioritize your health. We're here to help you manage all your medical concerns, both big and small. (Webinar teaser – late August)                       | <b>Sore Throat and Acid Reflux</b><br>The season for sore throats is coming. But long-term pain could be a sign of acid reflux. Let us help identify and treat what could be behind the pain.                                                |
|    | O C T                                                                                                                                                                                                | N O V                                                                                                                                                                                                                                      | D E C                                                                                                                                                                                                                                        |
| Q4 | <b>Flu Shots</b><br>Annual flu shots are updated to fight against changing strains, including this year's mix. Don't take a chance on the flu; schedule your appointment today.                      | <b>Winter Wellness Tips and Nutrition*</b><br>People tend to worry less about their health and wellness during the winter months. Here are some simple tips to help you stay healthy through every season. (Webinar teaser – mid November) | <b>Seasonal Affective Disorder (SAD)</b><br>If you're feeling low and don't know why, it could be SAD. We can help you find solutions to feel better.                                                                                        |

\*The Break Room Webinar will have a similar focus in this quarter.