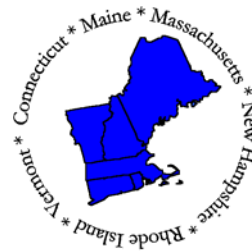


Choose a Healthy Lifestyle:

- Take all medications as prescribed
- Contact your physician when your condition changes
- Follow dietary recommendations
- Keep all scheduled doctor appointments
- Exercise daily
- Maintain your personal health record
- Use available community and Internet (computer) resources
- Stay up-to-date with health screenings and immunizations



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