

**The holidays
shine brighter
at home**



Tips for being your healthiest and happiest—all season long

As you celebrate, we're here to remind you that your health matters. Follow these tips to help you stay safe, well and happy throughout the season.



Enjoy your favorite festive foods in moderation.



Keep moving with an activity you love.



Stay up to date with doctor's appointments and recommended vaccines.



Stay in touch with the people you care about.

Thank you for trusting CenterWell Home Health® with your care.



**We're here for you
24/7, 365 days a year.
If you need care again,
call your doctor or
844-265-4195 to
speak with a nurse.**

To opt out from receiving future health and well-being information from CenterWell, please visit <https://centerwell.info/optout>. Home health services are available for all eligible patients with a healthcare provider referral. CenterWell® does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 877-320-2188 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 877-320-2188 (TTY: 711)。1901819

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Don't have a doctor?
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