

From: support@merckengage.com
To: [Recipient's Name]
Subject: **Health care tips, tools, and resources**
Preheader: **Find helpful info on medication plans, prescriptions, and more.**

Note: Links to https://www.merckengage.com/

 HOME | HEALTH CARE | MEDICINE | CAREGIVING

Note: Links to https://www.merckengage.com/caregiving

Note: Links to https://www.merckengage.com/health-care

Note: Links to https://www.merckengage.com/medicine

Stay on top of everything, from screenings to stress

Knowing how to make the most of your health care and medicines can make a real difference in the care you and your family need.

Get more information by checking out the articles below.

Taking charge of your health

The quality of care you and your family receive may improve when you're more actively involved in your health care decisions.



Know the score! Get the health tests you need

[Try our health screener tool](#)

Give stress a rest to be your best

[Find out how stress can affect your health](#)

Note: Links to https://www.merckengage.com/health-care/adult-health-screenings

Note: Links to https://www.merckengage.com/health-care/how-stress-affects-your-health

Understanding your prescriptions

With more information, you'll be able to become a better consumer with your meds. Knowing more will help limit risks and increase the role you play in the care you and your family receive.



Get more when you visit the drug store

[Discover tips for trips to the pharmacy](#)

Your Rx for sticking with a medication plan

[Get good advice for your medication routine](#)

Note: Links to https://www.merckengage.com/medicine/get-more-from-your-pharmacy-visits

Note: Links to https://www.merckengage.com/medicine/remember-to-take-medicine



Be sure to visit [MerckEngage](#) often to stay up to date on useful information, from healthy living tips to a better understanding of certain physical conditions.

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