

From: support@merckengage.com
To: [Recipient's Name]
Subject: **Looking for ways to commit to your health this year?**
Preheader: **Getting health screenings and finding your healthy weight.**

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



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

Note: Links to https://www.merckengage.com/healthy-living

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

Do more for your health now and for the whole year!

The New Year is a time when lots of people resolve to get and stay healthy. A good way to make sure you follow through with these resolutions is to make sure they're something you can do in your everyday life. For more tips on ways to be your healthiest self this year, take a look below.



Screenings could be a smart step for your health

While you're making that move toward a healthier you, it's important to check with your doctor and get all the health screenings you may need. Stay ahead of your health with our interactive tool that can tell you which screenings you may need based on your age and gender.

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

[See which screenings you should consider.](#)



Don't wait to find your healthy weight

Clothes feeling a little tight? Have high blood pressure or cholesterol? Excessive weight could be a factor. Maintaining a healthy weight is an important first step to a healthy lifestyle.

Note: Links to https://www.merckengage.com/healthy-living/finding-your-healthy-weight

[Find your healthy weight.](#)



Make everyday activity part of your workout routine

Making sure you get enough exercise is important, but finding ways to fit exercise into a busy schedule can be tough. Or is it? There are lots of ways to fit exercise into your daily routine.

Note: Links to https://www.merckengage.com/healthy-living/exercise-goals

[Learn how to take small steps to improve your health.](#)

Featured recipe

[Asian cabbage salad](#)

This salad features a variety of textures and is tangy, sweet, and full of flavor.



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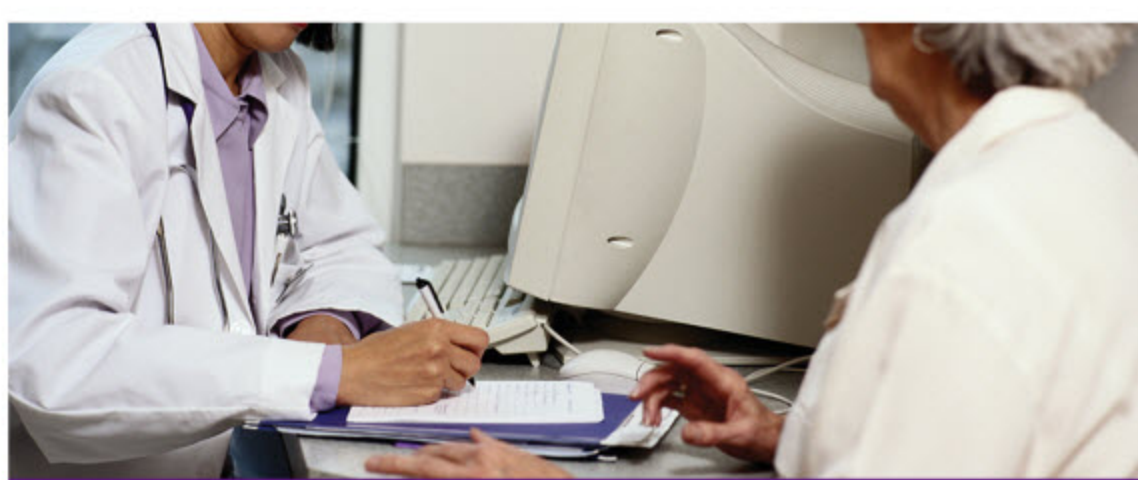
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