

**WOMEN'S HEALTH**



—  —  
**LET'S CELEBRATE  
OUR STRENGTH**  
—

Women play many roles in life – moms, sisters, daughters, wives, and working women. There's no question about it, your health matters to you and your family. It's time to take care of you so you can feel your best and live your life to its fullest.



**Stay active**

Healthy habits could prevent up to 33% of breast cancer cases.\* For example, being physically active can lower your risk by about 25%.†



**Choose healthy**

Healthy bodies come in all shapes and sizes. Focus on changing unhealthy habits instead of changing your body, and love the skin you're in.



**Go for green**

Eat your greens – especially if you're planning to get pregnant. Folic acid found in dark leafy greens can help prevent certain birth defects.

**Live life fuller**

\*American Institute for Cancer Research

†American Cancer Society



Share how you stay strong and healthy with #RiseAndThrive

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.