

SilverSummit Healthplan Marketing 2019

January 2019

Cold weather recipes

TW & FB: 10 heart-healthy hot drinks for cold weather <http://bit.ly/2gVodEw>

Reading Level: 0.0

TW & FB: Cold weather have you feeling down? Try one of these delicious soup recipes

<http://bit.ly/18eKEyW>

Reading Level: 2.4

TW & FB: It's cold out! Try these 12 healthy foods that also warm you up <http://bit.ly/1vIGpIX>

Reading Level: 0.5

TW & FB: Warm up with this tasty, healthy chicken noodle soup recipe <http://bit.ly/1jq9uCJ>

Reading Level: 0.0

TW & FB: Try this healthy choice: smoky chipotle chili <http://bit.ly/1fl5qeN>

Reading Level: 0.0

Cold weather health tips

TW & FB: Prevent a winter cold with these tips <http://bit.ly/1uHiseF>

Reading Level: 0.0

TW & FB: Sore throat? Use salt water to ease the pain <http://bit.ly/1KOxsOS>

Reading Level: 0.0

TW & FB: This winter, stay active with these 7 tips <http://bit.ly/1z76sTC>

Reading Level: 2.2

TW & FB: Don't let winter get you down. Here are 10 ways to fight off the winter blues

<http://bit.ly/1Y2KDY7>

Reading Level: 1.5

TW & FB: Add these superfood recipes to your diet to help you power through cold and flu season

<http://bit.ly/1iWXsQt>

Reading Level: 6.1

TW & FB: Winter brings hazardous storms and cold weather; how to keep your family safe

<http://1.usa.gov/1hsnCb7>

Reading Level: 4.1

TW & FB: Cold weather brings the risk of frostbite. Learn the signs and be prepared

<http://1.usa.gov/1e70kXt>

Reading Level: 1.4

TW & FB: Keep your family safe and healthy this winter <http://1.usa.gov/1cofHrc>
Reading Level: 5.2

TW & FB: Make sure the flu is not your travel companion this winter <http://1.usa.gov/1OriTSE>
Reading Level: 5.8

TW & FB: Winter storms and cold temperatures can be hazardous. Plan ahead to stay safe
<http://1.usa.gov/18Fhc3d>
Reading Level: 5.0

Glaucoma Awareness Month (January)

TW & FB: January is Glaucoma Awareness Month. Learn about the second leading cause of blindness
<http://bit.ly/25Mz4rO>
Reading Level: 8.7

National Eye Care Month (January)

TW & FB: January is National Eye Care Month. Here are 10 tips to protect your vision and prevent blindness
<http://bit.ly/1JRYich>
Reading Level: 5.7

Cervical Health Awareness Month (January)

TW & FB: January is Cervical Health Awareness Month. Remember to get screened and learn the facts
<http://bit.ly/1cO7N6z>
Reading Level: 6.5

TW & FB: Learn the risks and symptoms during Cervical Health Awareness Month
<http://1.usa.gov/1DfSDtn>
Reading Level: 8.3

TW & FB: Reduce your risk for cervical cancer <http://1.usa.gov/1wi3a1v>
Reading Level: 6.4

New Year's Resolutions

TW & FB: This year, take 5 minutes every day for your health <http://1.usa.gov/JnbvxK>
Reading Level: 3.6

TW & FB: Make your health a New Year's resolution <http://1.usa.gov/JnbvxK>
Reading Level: 3.8

TW & FB: Kick off the new year by taking a walk <http://1.usa.gov/1XYRn3V>
Reading Level: 1.0

TW & FB: How to set realistic goals for 2018 <http://bit.ly/1OmZ5At>
Reading Level: 9.0

TW & FB: Getting more sleep should top your New Year's list of resolutions. Here's why <http://bit.ly/1vDbHco>

Reading Level: 4.7

TW & FB: Make 2018 your healthiest year yet. Make appointments for checkups and health screenings today <http://1.usa.gov/18ng9of>

Reading Level: 6.5

TW & FB: Are you going to #quitsmoking for your New Year's resolution? Here are a few tips to help you quit <http://1.usa.gov/1FcVFhA>

Reading Level: 2.4

TW & FB: Make this your resolution: Get more #sleep! Sleep is a necessity <http://1.usa.gov/ZHjsVM>

Reading Level: 4.1

National Folic Acid Awareness Week – January 6-12, 2019

TW & FB: Did you know every woman needs folic acid every day? <http://1.usa.gov/1cTjo8Q>

Reading Level: 8.3

TW & FB: Folic acid is not just for women planning to get pregnant. Find out why this is important for all women <http://1.usa.gov/1cTjo8Q>

Reading Level: 4.8

TW & FB: Folic acid helps prevent major birth defects. Find out how much you should take if you plan to get pregnant <http://1.usa.gov/1ryqCqk>

Reading Level: 3.6

TW & FB: Start your mornings with a cereal packed with folic acid <http://1.usa.gov/1h9jcWm>

Reading Level: 4.8

TW & FB: How much do you know about folic acid? Take this quiz and find out

<http://1.usa.gov/1BrObFG>

Reading Level: 1.4

National Blood Donor Month

TW & FB: Read these FAQs on blood donation <http://mayoclinic.in/1mY7Fye>

Reading Level: 2.4

TW & FB: Give the gift of life. Check out these tips for a successful blood donation

<http://rdcrss.org/IP42Yc>

Reading Level: 2.3

TW & FB: Thinking about donating blood for the first time? Watch this video <http://rdcrss.org/1y25L3m>
Reading Level: 4.7

TW & FB: Learn about the different types of blood donations <http://rdcrss.org/1vVa0b>
Reading Level: 4.7

TW & FB: Thinking about donating blood? See if you qualify <http://rdcrss.org/1es7Uw9>
Reading Level: 5.1

TW & FB: O positive is the most common blood type. Find out how your blood type is determined <http://rdcrss.org/1eQCYSk>
Reading Level: 3.0

Mental Wellness Month – Month Long

TW & FB: Mental health is a key part of your overall health #MentalWellnessMonth
<http://bit.ly/1w1aAXW>
Reading Level: 3.6

TW & FB: Build a positive self-image <http://cle.clinic/15s2wpu>
Reading Level: 9.5

Facebook: Seniors: 10 ways to keep your mind sharp <http://bit.ly/1yRpeiU>
Reading Level: 3.7

Flu Prevention – Month Long

TW & FB: These symptoms could be signs of the #flu <http://1.usa.gov/1b4LGNv>
Reading Level: 0.8

TW & FB: Take these steps to stop spreading germs at home, work and school <http://1.usa.gov/1biZM9o>
Reading Level: 1.8

TW & FB: Take 3 steps to fight the flu <http://1.usa.gov/1cGv6jr>
Reading Level: 0.0

Winter Fitness

TW & FB: Don't let winter turn you into a couch potato. Stay active <http://bit.ly/1kxhpl0>
Reading Level: 3.7

TW & FB: Five tips for outdoor winter workouts <http://bit.ly/1ncQJ6z>
Reading Level: 4.4

TW & FB: Winter is not the time to put away the sunscreen. Here's why you need it

<http://mayoclinic.com/1xZqoLd>

Reading Level: 3.6

February 2019

NOEA – February 15, 2019

“No One Eats Alone Day” teaches kids how to make friends at lunch, often the most difficult part of the school day. Learn more <http://bit.ly/1Twlgsv>

Reading Level: 7.4

February 9 is “No One Eats Alone Day.” Encourage your kids to join the movement to help end social isolation in schools <http://bit.ly/1Twlgsv>

Reading Level: 3.7

Recipes

Four healthy twists on tater tots <http://bit.ly/1YbR6LT>

Reading Level: 2.4

Try these 10 superfoods for a healthy heart <http://bit.ly/2fAcOg9>

Reading Level: 5.2

Ten heart-healthy hot drinks for cold weather <http://bit.ly/2fAcOg9>

Reading Level: 3.9

Try these 5 tips for a healthy smoothie <http://bit.ly/1bjKXv8>

Reading Level: 2.2

Eight easy, healthy slow cooker recipes to try tonight <http://bit.ly/1W4OZJD>

Reading Level: 6.2

Six smoothies you can eat with a spoon <http://bit.ly/1Hf2XRp>

Reading Level: 0.8

Did you know you can manage your blood pressure? <http://bit.ly/1RjUIBq>

Reading Level: 2.3

Too much salt can raise your blood pressure. Learn how to reduce your sodium intake <http://1.usa.gov/PpcY9I>

Reading Level: 3.0

Shop smart for heart-healthy foods <http://bit.ly/1Kb9bm5>

Reading Level: 2.8

Lower your risk of heart disease with these foods <http://1.usa.gov/1LaVE26>
Reading Level: 2.3

Six easy oatmeal recipes to try this week <http://bit.ly/1PpsKsv>
Reading Level: 3.7

Five hearty winter dinners under 500 calories <http://bit.ly/2jrJ4jW>
Reading Level: 12

National Heart Month

Did you know that walking 30 minutes a day can improve your heart health? <http://bit.ly/1N4SPvi>
Reading Level: 5.0

Take control of your heart health. Have your blood pressure checked regularly
<http://1.usa.gov/1kSkhoQ>
Reading Level: 0.5

Hold the salt! Too much can raise your blood pressure <http://1.usa.gov/PpcY9I>
Reading Level: 3.7

This National Heart Month, try these 10 superfoods for a healthy heart <http://bit.ly/2fAcOg9>
Reading Level: 6.7

Seven heart-healthy perks of dark chocolate <http://bit.ly/2bTPvLL>
Reading Level: 0.0

Can high cholesterol cause blood clots? <http://bit.ly/2eoyYid>
Reading Level: 4.4

Did you know 1 in 5 children have unhealthy cholesterol levels? Learn more <http://bit.ly/2ikYOR0>
Reading Level: 8.0

Help keep your child's heart healthy with these 7 simple rules <http://bit.ly/1Mhbgjw>
Reading Level: 2.6

Questions about blood pressure? Check out these FAQs <http://1.usa.gov/1FtqwZv>
Reading Level: 2.1

Heart disease is the leading cause of death for men in the U.S. Check out these stats
<http://1.usa.gov/1oG7lAr>
Reading Level: 4.2

Is heart health one of your priorities in 2018? Try these delicious heart healthy recipes
<http://bit.ly/1tGvFpO>
Reading Level: 7.0

What you may not know but should about heart disease <http://1.usa.gov/1SM4YML>
Reading Level: 2.4

Go Red for Women - Friday, February 1, 2019

Heart disease and stroke cause 1 in 3 deaths among women each year. Wear red today to support #GoRedForWomen <http://bit.ly/KExjWo>

Reading Level: 3.7

Did you know heart disease is the leading cause of death in women? <http://bit.ly/1oobYST>

Reading Level: 4.0

Winter Health

Five winter skincare tips for psoriasis and eczema <http://bit.ly/1KMW6iD>

Reading Level: 3.6

Five recipes to power through cold and flu season <http://bit.ly/1iWXsQt>

Reading Level: 3.6

Does the weather make rheumatoid arthritis worse? <http://bit.ly/2ic1sj7>

Reading Level: 0.5

National Cancer Month - Month Long in February

Learn more about cancer and how you can take steps to protect yourself <http://bit.ly/1l2X57W>

Reading Level: 4.9

Check out these 10 recommendations for cancer prevention <http://bit.ly/1hIT5qK>

Reading Level: 10.7

Valentine's Day – Feb 14 only

Give the gift of health this Valentine's Day <http://1.usa.gov/1jb020o>

Reading Level: 3.7

National Eating Disorder Awareness Week/ Screening Program - Feb 24, 2019 - Mar 2, 2019

Did you know 30 million people in the U.S. are impacted by an eating disorder? <http://bit.ly/1awN8rl>

Reading Level: 9.1

March 2019

National Kidney Month

1 in 3 American adults are at risk for kidney disease. Learn more about what puts you at risk during National Kidney Month <http://bit.ly/2p13Njloj>

Reading score: 6.7

What do healthy kidneys do? <http://bit.ly/1dHaqQr>

Reading score: 2.7

Did you know that healthy kidneys regulate the body's fluid levels? <http://bit.ly/1dHaqQr>

Reading score: 6.7

Most people with kidney disease aren't aware of it. Learn the signs and how to protect yourself <http://1.usa.gov/19ldC0V>

Reading score: 6.0

National Nutrition Month

Rethink your drink as another way to cut calories during National Nutrition Month <http://1.usa.gov/1cld8Tm>

Reading score: 0.0

Check out these 6 foods that nutrition experts won't eat <http://bit.ly/1h842B7>

Reading score: 0.0

Add these foods to your diet for an extra dose of Vitamin D <http://bit.ly/1XH8Fm6>

Reading score: 0.0

What is Vitamin D and why do you need it? <http://cle.clinic/2kc2U6N>

Reading score: 2.4

Toss the store-bought bottles and make your own healthy sauces and dressings with these 10 tips <http://bit.ly/1pq66WH>

Reading score: 0.0

Grilled cheese is always a crowd favorite. Make it healthy with these 4 easy steps <http://bit.ly/1qRgQ1h>

Reading score: 3.7

Turn cauliflower into a delicious main dish with these tips <http://bit.ly/1OXcyyr>

Reading score: 0.0

No time to pack a lunch? Try these 3-ingredient lunches you can make at work <http://bit.ly/1n67TUo>

Reading score: 0.0

National Breakfast Week (March 4-8, 2019)

A healthy breakfast is the best way to start your day. Find some great recipes here <http://1.usa.gov/1QVgSVd>

Reading score: 2.6

World Tuberculosis Day (March 24, 2019)

Today is World Tuberculosis Day. Learn the signs and symptoms <http://1.usa.gov/1hNtw36>

Reading score: 1.3

National Poison Prevention Week (March 18-24, 2019)

It's National Poison Prevention Week. Make sure your home is safe <http://bit.ly/2kb3lSk>

Reading score: 0.0

90% of poisonings happen at home and more than half involve children under 6. Learn about #PoisonPrevention <http://bit.ly/2gpaBBh>

Reading score: 8.3

This week is National Poison Prevention Week. Find out how to protect your family <http://bit.ly/2gpaBBh>

Reading score: 0.0

National Sleep Awareness Week (March 3-10, 2019)

How much sleep do you need? <http://bit.ly/1f6uKvg>

Reading score: 0.0

Are you not getting enough sleep? Here are 5 things to consider <http://bit.ly/1P8QIKg>

Reading score: 2.3

This National Sleep Awareness Week, learn why sleep is so important and what happens when you don't get enough <http://bit.ly/1bPdrvQ>

Reading score: 0.0

First Day of spring (March 20, 2019)

It's the first day of spring! Make sure you are prepared for warmer temperatures and unpredictable weather <http://1.usa.gov/OaHyT2>

Reading score: 0.0

Spring Health

Spring is fast approaching. Check out these 7 ways to prepare for allergies <http://bit.ly/1OZJHcQ>

Reading score: 2.8

Spring's fresh produce can help improve heart health. Add it to your diet <http://bit.ly/1qdY554>

Reading score: 1.8

Daylight Saving Time (run leading up to March 10, 2019) (Not applicable to all states)

Daylight Saving Time starts Sunday. Remember to change your smoke detector battery

Reading score: 4.8

National Save Your Vision Month

Learn how quitting smoking and eating healthy can help protect your vision <http://1.usa.gov/1luaFu2>

Reading score: 0.0

March is National Save Your Vision Month. Check out these tips for healthy eyes <http://bit.ly/2jVqIZ4>

Reading score: 3.7

Eat right to protect your eyesight <http://bit.ly/1Gkqblr>

Reading score: 0.6

MS Awareness Month

With MS, a person's immune system attacks the central nervous system. March is Multiple Sclerosis Awareness Month. Learn the facts <http://bit.ly/1P78zCc>

Reading score: 0.0

April 2019

Medication Safety Week (March 31 – April 6, 2019)

Tweet: Medication and vitamins can harm your child if taken incorrectly. Review your family's medication safety measures [<http://bit.ly/1P7h3Gv>]

Reading level: 12.0

Facebook: Any medicine or vitamin can harm you or your child if taken incorrectly. Review your family's medication safety measures [<http://bit.ly/1P7h3Gv>]

Reading level: 13.5

Tweet: Keep kids safe by following these medication safety tips #MedicationSafetyWeek [<http://bit.ly/1JHMMt8>]

Reading level: 8.3

Facebook: Keep kids safe by following these medication safety tips #MedicationSafetyWeek [<http://bit.ly/1JHMMt8>]

Reading level: 8.3

Tweet: How to safely dispose of expired medication [<http://bit.ly/1OZ1gzA>]

Reading level: 8.1

Facebook: Do you have expired medication? Here's how to safely dispose of it [<http://bit.ly/1OZ1gzA>]

Reading level: 6.9

Alcohol Awareness Month – Month Long

Tweet: How does excessive alcohol affect your health? [<http://bit.ly/2kUXaQg>]

Reading level: 6.7

Facebook: How does excessive alcohol affect your health? [<http://bit.ly/2kUXaQg>]

Reading level: 6.7

National Youth Sports Safety Month – Month Long

Tweet: Protect against head injuries. Make sure your child's bike helmet fits correctly [<http://bit.ly/1PUhh79>]

Reading level: 5.0

Facebook: Protect against head injuries. Make sure your child's bike helmet fits correctly [<http://bit.ly/1PUhh79>]

Reading level: 5.0

Tweet: Know the causes of sports injuries. Understand how to protect your young athlete [<http://bit.ly/1Zi6yG7>]

Reading level: 3.8 Facebook: Know the causes of sports injuries. Understand how to protect your young athlete [<http://bit.ly/1Zi6yG7>]

Reading level: 3.8

Tweet: To join a team, your child may need a sports physical. Here's what to expect at the exam [<http://bit.ly/149M1xx>]

Reading level: 3.0 Facebook: To join a team, your child may need a sports physical. Here's what to expect at the exam [<http://bit.ly/149M1xx>]

Reading level: 3.0

Tweet: Is your child playing summer sports? Tips for parents, coaches and players to minimize youth sports injuries [<http://bit.ly/1RdGKKX>]

Reading level: 4.8 Facebook: Is your child playing summer sports? Tips for parents, coaches and players to minimize youth sports injuries [<http://bit.ly/1RdGKKX>]

Reading level: 4.8

Tweet: Is your child ready for sports? #YouthSportsSafetyMonth [<http://bit.ly/1RJgZ4O>]

Reading level: 0.6

Facebook: Is your child ready for sports? #YouthSportsSafetyMonth [<http://bit.ly/1RJgZ4O>]

Reading level: 0.6

National Parkinson's Awareness Month – Month Long

Tweet: Parkinson's is a complex disease that interferes with movement and more. Find out what causes it [<http://bit.ly/1RHpiOv>]

Reading level: 5.7

Facebook: Parkinson's is a complex disease that interferes with movement and more. Find out what causes it [<http://bit.ly/1RHpiOv>]

Reading level: 5.7

Tweet: The symptoms of Parkinson's vary by person. Here's what to watch for [<http://bit.ly/1Zh4v50>]

Reading level: 4.1

Facebook: The symptoms of Parkinson's vary by person. Here's what to watch for [<http://bit.ly/1Zh4v50>]

Reading level: 4.1

March for Babies – April and May

Tweet: When you walk in #MarchforBabies this spring, you give hope to nearly half a million babies born too soon each year. Learn more at [<http://bit.ly/1vSV8LKU>]

Reading level: 4.3

Facebook: When you walk in #MarchforBabies this spring, you give hope to nearly half a million babies born too soon each year. Learn more at [<http://bit.ly/1vSV8LKU>]

Reading level: 4.3

National Infant Immunization Week – April 26 – May 3, 2019

Tweet: Have questions about infant vaccines? Get answers with these FAQs [<http://bit.ly/2BpwE8s>]

Reading level: 5.8

Facebook: Have questions about infant vaccines? Get answers with these FAQs [<http://bit.ly/2BpwE8s>]

Reading level: 5.8

World Immunization Week – April 21-27, 2019

Tweet: Ten things you need to know about childhood immunizations #WorldImmunizationWeek. [<http://bit.ly/2CfcP0zU>]

Reading level: 13

Facebook: Ten things you need to know about childhood immunizations #WorldImmunizationWeek [<http://bit.ly/2CfcP0z>]

Reading level: 13

Stress Awareness Month - Month Long

Tweet: Research explains why some women are more prone to stress [<http://bit.ly/2sqQQUF>]

Reading level: 3.7 Facebook: Research explains why some women are more prone to stress [<http://bit.ly/2sqQQUF>]

Reading level: 3.7

Tweet: Ten ways to ease your stress [<http://cle.clinic/1iNrbfE>]

Reading level: 0.0

Facebook: Ten ways to ease your stress [<http://cle.clinic/1iNrbfE>]

Reading level: 0.0

Tweet: If your stress is too much, you may need to see your doctor #StressAwarenessMonth [<http://cle.clinic/1D8uiVg>]

Reading level: 2.5

Facebook: If your stress is too much, you may need to see your doctor #StressAwarenessMonth [<http://cle.clinic/1D8uiVg>]

Reading level: 2.5

Tweet: Self-care tips to help you fight stress #StressAwarenessMonth [<http://bit.ly/2nZINZC>]

Reading level: 0.8

Facebook: Self-care tips to help you fight stress #StressAwarenessMonth [<http://bit.ly/2nZINZC>]

Reading level: 0.8

Autism Awareness Month - Month Long

Tweet: Autism Spectrum Disorder is the most common developmental condition. Find out more during #AutismAwarenessMonth [<http://bit.ly/2Em0Sbr>]

Reading level: 13.2

Facebook: Autism Spectrum Disorder is the most common developmental condition. Find out more during #AutismAwarenessMonth [<http://bit.ly/2Em0Sbr>]

Reading level: 13.2

Tweet: Light it up blue this month to shine the light on Autism. Learn more at [<http://bit.ly/1CcH0TK>]

Reading level: 2.3

Facebook: 1 in 68 children in the U.S. are on the Autism Spectrum. Light it up blue this month to shed light on Autism [<http://bit.ly/1CcH0TK>]

Reading level: 5.8

Tweet: Did you know loss of speech could be a sign of #Autism? Learn to spot red flags
[<http://bit.ly/1a62FBu>]

Reading level: 0.3

Facebook: Did you know loss of speech could be a sign of #Autism? Learn to spot red flags
[<http://bit.ly/1a62FBu>]

Reading level: 0.3

Tweet: Know the signs and symptoms of Autism Spectrum Disorder [<http://1.usa.gov/1FEny2l>]

Reading level: 6.0

Facebook: Know the signs and symptoms of Autism Spectrum Disorder [<http://1.usa.gov/1FEny2l>]

Reading level: 6.0

Evergreen

Tweet: Five ways to make a healthy lifestyle a priority [<http://bit.ly/2H7a7xE>]

Reading level: 7.1

Facebook: Five ways to make a healthy lifestyle a priority [<http://bit.ly/2H7a7xE>]

Reading level: 7.1

Tweet: Season your food without using salt [<http://bit.ly/1wo5gw5>]

Reading level: 3.9

Facebook: Skip the salt and try these seasonings instead [<http://bit.ly/1wo5gw5>]

Reading level: 9.7

Tweet: This no-cook, one-dish dinner can be ready in 15 minutes [<http://bit.ly/1PpJyzh>]

Reading level: 8.0

Facebook: This no-cook, one-dish dinner can be ready in 15 minutes [<http://bit.ly/1PpJyzh>]

Reading level: 8.0

Tweet: These smoothies will make a great snack or lunchtime treat [<http://bit.ly/1Krw84L>]

Reading level: 2.6

Facebook: These smoothies will make a great snack or lunchtime treat [<http://bit.ly/1Krw84L>]

Reading level: 2.6

Tweet: Ask your doctor these questions if you suspect you have seasonal allergies
[<http://bit.ly/1Sx6HXa>]

Reading level: 7.6

Facebook: Ask your doctor these questions if you suspect you have seasonal allergies
[<http://bit.ly/1Sx6HXa>]

Reading level: 7.6

Tweet: Get in some activity during short breaks. Here are five exercises to try today
[<http://bit.ly/1T5S7VN>]

Reading level: 5.4

Facebook: Get in some activity during short breaks. Here are five exercises to try today
[<http://bit.ly/1T5S7VN>]

Reading level: 5.4

May 2019

Evergreen As the days get warmer, do you know how to keep your kids safe in the sun?
[<http://bit.ly/2ttyrah>]

Reading Level: 3.5 Twitter, Facebook

Evergreen How do you make sure your child doesn't overheat while playing outside? Check out these tips [http://bit.ly/2ttyrah]

Reading Level: 2.2 Twitter, Facebook

Summer Recipes Get ahead of the morning rush with a hearty breakfast you can make ahead of time
[<http://bit.ly/2FsEFcc>]

Reading Level: 6.1 Twitter, Facebook

Summer Recipes This kid-friendly dinner recipe is fun and easy to make [http://bit.ly/2Fts7Bd]

Reading Level: 6.0 Twitter, Facebook

Physical Activity – Children

Is your child getting enough physical activity? Find out how much kids should get each day
[<http://bit.ly/2bIMUZc>]

Reading Level: 4.4 Twitter, Facebook

Physical Activity – Children Physical Activity – Children

True or false: children should do push-ups at least 3 days per week? [http://bit.ly/2bIMUZc]

Reading Level: 4.1 Twitter, Facebook

Physical Activity – Children

Help your child get active with these tips [http://bit.ly/2kwQaYU]

Reading Level: 1.2 Twitter, Facebook

Physical Activity – Children

How many of these tips have you used to help your child get moving? [<http://bit.ly/2kwQaYU>]

Reading Level: 4.4 Twitter, Facebook

Physical Activity – Adults

To avoid burnout, spread out your exercise throughout the week. See more tips [<http://bit.ly/1Vxn8E0>]

Reading Level: 3.9 Twitter, Facebook

Physical Activity – Adults

Exercise tip: to avoid burnout, break up your workouts throughout the week. Get more tips here [<http://bit.ly/1Vxn8E0>]

Reading Level: 3.7 Twitter, Facebook

Physical Activity – Older Adults

Physical activity can help prevent health problems that come with aging. Find out how to stay active as you get older [<http://bit.ly/2m3MoqJ>]

Reading Level: 5.9 Twitter, Facebook

Physical Activity – Older Adults

Find the type of exercise that's best for you, even as you get older [<http://bit.ly/2m3MoqJ>]

Reading Level: 6.7 Twitter, Facebook

Physical Activity – Older Adults

Over the age of 65? Find out how many days per week you should be working to build muscle strength [<http://bit.ly/2m3MoqJ>]

Reading Level: 3.1 Twitter, Facebook

Physical Activity – Pregnant Women

Myth: exercising while pregnant can lead to early delivery. Get the facts [<http://bit.ly/2l5tujg>]

Reading Level: 6.9 Twitter, Facebook

Physical Activity – Pregnant Women

Looking to stay active while you're pregnant? Check out these tips [<http://bit.ly/2l5tujg>]

Reading Level: 3.4 Twitter, Facebook

Physical Activity – Pregnant Women

Read these tips for how to stay active during pregnancy [<http://bit.ly/2l5tujg>]

Reading Level: 6.9 Twitter, Facebook

Melanoma/ Skin Cancer Prevention Month

Did you know skin cancer is the most common type of cancer in the U.S.? Learn how to stay safe [http://bit.ly/2m3UrDF]

Reading Level: 2.1 Twitter, Facebook

Melanoma/ Skin Cancer Prevention Month

Can the color of your hair impact your risk for certain types of skin cancer? [http://bit.ly/2lhdPJ5]

Reading Level: 6.1 Twitter, Facebook

Melanoma/ Skin Cancer Prevention Month

People with red or blond hair may be at risk for certain types of skin cancer. Find out more [http://bit.ly/2lhdPJ5]

Reading Level: 3 Twitter, Facebook

Melanoma/ Skin Cancer Prevention Month

Did you know skin cancer can come in many forms? Learn the types [http://bit.ly/2lN809C]

Reading Level: 2.3 Twitter, Facebook

Melanoma/ Skin Cancer Prevention Month

Myth: doctors only recommend skin cancer screenings if they think you have cancer. Get the facts [http://bit.ly/2mn8iWd]

Reading Level: 5.0 Twitter, Facebook

Melanoma/ Skin Cancer Prevention Month

Can a dark band around your fingernails be a sign of skin cancer? [http://bit.ly/2khUyZi]

Reading Level: 5.8 Twitter, Facebook

Melanoma/ Skin Cancer Prevention Month

A sore that doesn't heal could be a warning sign of skin cancer. Find out what else to look for [http://bit.ly/2khUyZi]

Reading Level: 2.5 Twitter, Facebook

High Blood Pressure Education Month

Is your blood pressure considered normal? Find out what's a healthy range [http://bit.ly/2daYGYN]

Reading Level: 4.1 Twitter, Facebook

High Blood Pressure Education Month

What health risks are associated with high blood pressure? [<http://bit.ly/2mDSWsD>]

Reading Level: 6.0 Twitter, Facebook

High Blood Pressure Education Month

Did you know high blood pressure can affect your sight, and even your memory?

[<http://bit.ly/2mDSWsD>]

Reading Level: 7.5 Twitter, Facebook

Huntington's Disease Awareness Month

May is Huntington's Disease Awareness Month. What is it and who's at risk? [<http://bit.ly/1GrrvED>]

Reading Level: 4.8 Twitter, Facebook

Huntington's Disease Awareness Month

This month, learn about Huntington's Disease and who is at risk [<http://bit.ly/1GrrvED>]

Reading Level: 6.7 Twitter, Facebook

Lupus Awareness Month

You may have heard of lupus, but do you know what it is? [<http://bit.ly/13NZ73q>]

Reading Level: 3.3 Twitter, Facebook

Lupus Awareness Month

May is Lupus Awareness Month. Learn more about this disease and who it impacts

[<http://bit.ly/13NZ73q>]

Reading Level: 5.2 Twitter, Facebook

June 2019

Lightning Safety

The summer months can bring storms and lightning. Make sure you know what to do when lightning's near [<http://bit.ly/1Kto5bF>]

Reading Level: 2.2

Publication, Moderation

Lightning Safety

Parents and coaches: when storms threaten a game, should you keep your players in the dugout? Tips to keep you and everyone safe during summer storms [<http://bit.ly/1CkSUa3>]

Reading Level: 5.3

Publication, Moderation

Lightning Safety

True or false? Lightning never strikes the same place twice [<http://bit.ly/1JFSWkB>]

Reading Level: 2.4

Publication, Moderation

Lightning Safety Rubber tires can protect you if you're in your car during a storm, right? Not exactly [<http://bit.ly/1JFSWkB>]

Reading Level: 5.0

Publication, Moderation

Insect Stings and Bites

While you're outside this summer, remember bees and wasps are, too. How to keep yourself safe from stings [<http://bit.ly/2pAfjVp>]

Reading Level: 6.7

Publication, Moderation

Insect Stings and Bites

Working outdoors this summer? How to avoid stings when insects join your work site [<http://bit.ly/2pAfjVp>]

Reading Level: 6.6

Publication, Moderation

Insect Stings and Bites

What happens when you get stung by an insect? First aid tips to treat bites and stings [<http://mayocl.in/2pj7L6o>]

Reading Level: 3.8

Publication, Moderation

Vitamin D from Sunlight

How to get vitamin D from the sun without getting burned [<http://bit.ly/1F1BU94>]

Reading Level: 3.7

Publication, Moderation

Vitamin D from Sunlight

How can you get vitamin D from the sun but avoid a sunburn? Learn more [<http://bit.ly/1F1BU94>]

Reading Level: 4.0

Publication, Moderation

Healthy Summer Beverages

Looking for a beverage to quench your thirst? Make a smart beverage choice [<http://bit.ly/29ZL6Yz>]

Reading level: 2.8

Publication, Moderation

Healthy Summer Beverages

There's nothing more refreshing in the summer heat than a cool drink. Skip the soda and reach for one of these alternatives [<http://bit.ly/29ZL6Yz>]

Reading level: 5.8

Publication, Moderation

Healthy Summer Beverages

Your summer beverage could contain unwanted calories. How to tell what's in your drink [<http://bit.ly/29ZL6Yz>]

Reading level: 12.4

Publication, Moderation

Healthy Summer Beverages

Give your ice water some extra flavor without a lot of extra calories. Just add a splash of 100% juice [<http://bit.ly/29ZL6Yz>]

Reading level: 5.4

Publication, Moderation

Poison Ivy

Heading out for a hike? Watch out for poison ivy! Learn more about the plant and the rash it could cause [<http://mayocl.in/1B0zNai>]

Reading level: 1.7

Publication, Moderation

Poison Ivy

Going out for a hike? Watch out for poison ivy. Learn how to keep yourself safe [<http://mayocl.in/1B0zNai>]

Reading level: 3.6

Publication, Moderation

Poison Ivy

Myth: the only way to have a harmful poison ivy reaction is to touch the plant directly. Learn the facts [<http://mayocl.in/1B0zNai>]

Reading level: 7.6

Publication, Moderation

Poison Ivy

Did you know you could contract a rash years after walking through poison ivy? Learn how to protect yourself [<http://mayocl.in/1B0zNai>]

Reading level: 5.8

Publication, Moderation

Swimmer's Ear

Before diving in the pool this summer, make sure you know how to protect yourself from swimmer's ear [<http://bit.ly/2pmvHba>]

Reading level: 7.1

Publication, Moderation

Swimmer's Ear

After going in the pool, be sure to thoroughly dry your ears to avoid swimmer's ear [<http://bit.ly/2pmvHba>]

Reading level: 6.1

Publication, Moderation

Swimmer's Ear

Did you know swimmer's ear results in 2+ million healthcare visits in the U.S. each year? Keep yourself protected [<http://bit.ly/2pmvHba>]

Reading level: 6.3

Publication, Moderation

Swimmer's Ear

Don't let your trip to the pool result in a painful case of swimmer's ear. Find out how to protect yourself [<http://bit.ly/2pmvHba>]

Reading level: 4.4

Publication, Moderation

Athlete's Foot

Going for a jog? Don't let your run end in athlete's foot [<http://bit.ly/2p56jGd>]

Reading level: 4.4

Publication, Moderation

Athlete's Foot

What is athlete's foot and how do you get it? [<http://bit.ly/2p56jGd>] Reading level: 0.5

Publication, Moderation

Athlete's Foot

How can you avoid athlete's foot when running this summer? [<http://bit.ly/2p56jGd>]

Reading level: 6.0

Publication, Moderation

Athlete's Foot

Run away from athlete's foot by following these tips [<http://bit.ly/2p56jGd>]

Reading level: 6.2

Publication, Moderation

Dehydration

Spending time in the sun? Make sure to drink plenty of water to avoid dehydration. [<http://mayocl.in/2pmBJbD>]

Reading level: 4.6

Publication, Moderation

Dehydration

Waiting until you're thirsty before drinking water on a hot day is a bad idea. Learn the warning signs of dehydration [<http://mayocl.in/2ef9OGz>]

Reading level: 8.3

Publication, Moderation

Dehydration

Just because you don't feel thirsty doesn't mean you're not dehydrated. Learn what to watch out for this summer [<http://mayocl.in/2ef9OGz>]

Reading level: 6.9

Publication, Moderation

Evergreen

Give your coleslaw a makeover with these 4 summer recipes [<http://bit.ly/1OhDFoU>]

Reading level: 8.3

Publication, Moderation

Evergreen

Do you know what to do in an emergency? Learning first aid can help save someone's life [<http://1.usa.gov/1QGJdwX>]

Reading level: 3.6

Publication, Moderation

Evergreen

Pack these wholesome snacks for your next trip to the beach or pool [<http://bit.ly/1RA2vpj>]

Reading level: 2.1

Publication, Moderation

Evergreen

22 million Americans are affected by cataracts. Learn how you can help preserve your vision [<http://bit.ly/1FTyG1q>]

Reading level: 15.7

Publication, Moderation

Evergreen

Satisfy your sweet craving with these summer fruit recipes [<http://bit.ly/1V8TjXb>]

Reading level: 6.2

Publication, Moderation

Evergreen

Swimming is a great way for the whole family to get active. Follow these tips to stay safe in and around the water [<http://1.usa.gov/1P6BQhS>]

Reading level: 4.8

Publication, Moderation

Evergreen

Put down the burgers and brats. Try these 10 recipes for grilling seafood [<http://bit.ly/1LDcN1r>]

Reading level: 0.5

Publication, Moderation

Evergreen

This bean salad is packed with fresh summer vegetables [<http://bit.ly/1IF0yUk>]

Reading level: 6.2

Publication, Moderation

Evergreen

Tips to keep your cool in hot weather and high humidity [<http://1.usa.gov/1FJl1mY>]

Reading level: 4.7

Publication, Moderation

Men's Health Month

During Men's Health Month find the 7 best foods for men over 50 [<http://bit.ly/1GFOhda>]

Reading level: 5.0

Publication, Moderation

Men's Health Month

Six ways stress affects men's health [<http://bit.ly/1RBAttK>] Reading level: 0.5

Publication, Moderation

Evergreen

Five things your feet are telling you about your health [<http://bit.ly/1OIWq9y>]

Reading level: 2.4

Publication, Moderation

Evergreen

Riding bikes is a great way to get active this summer. Ride safely with these tips [<http://1.usa.gov/1PqVzEH>]

Reading level: 3.7

Publication, Moderation

Evergreen

Love the health benefits of swimming? Keep yourself safe with these tips [<http://1.usa.gov/1PFjJvr>]

Reading level: 4.4

Publication, Moderation

Summer Recipes

This summer cucumber salad recipe is a great side dish with grilled meats [<http://bit.ly/1nmxFEh>]

Reading level: 5.8

Publication, Moderation

Summer Recipes

These recipes for chilled soups keep you cool in the summer [<http://bit.ly/1J4ax6B>]

Reading level: 2.6

Publication, Moderation

Evergreen

Six good reasons to reduce stress [<http://bit.ly/1RBAttK>] Reading level: 4.1

Publication, Moderation

Summer Safety

Why are older adults more prone to heat stress? [<http://1.usa.gov/1fEk5YD>]

Reading level: 2.3

Publication, Moderation

Summer Safety

Why adults over age 65 are more prone to heat stress [<http://bit.ly/2lxVfbl>]

Reading level: 4.0

Publication, Moderation

Summer Recipes

Try this tasty marinade to add some zing to grilled veggies [<http://cle.clinic/1laps40>]

Reading level: 4.7

Publication, Moderation

Evergreen

Eat your way to good health. Find out which foods could help prevent cancer [<http://bit.ly/1HdGbut>]

Reading level: 1.4

Publication, Moderation

National Migraine and Headache Awareness Month

Do you have frequent migraines and headaches? Some tips from a headache specialist
[<https://cle.clinic/2JpFEMx>]

Reading level: 5.0

Publication, Moderation

Alzheimer's & Brain Awareness Month

How taking care of your health while younger can reduce your risk of Alzheimer's
[<https://cle.clinic/2GBjetU>]

Reading level: 5.8

Publication, Moderation

Alzheimer's & Brain Awareness Month

Do you know the warning signs of Alzheimer's disease? [<http://bit.ly/2H8u1eF>]

Reading level: 0.5

Publication, Moderation

Summer Activity

This summer, swap out the kids' screen time with lean time. Tips to stay active with the family:[<http://bit.ly/2qgRq3W>]

Reading level: 1.5

Publication, Moderation

General health

Changing seasons can sometimes affect your mood. Learn what you can do to treat seasonal affective disorder [<https://mayocl.in/2IEcXtZ>]

Reading level: 7.1

Publication, Moderation

Women's health

Warning signs of cervical cancer you shouldn't ignore: [<http://bit.ly/2IGvOVc>]

Reading level: 6.7

Publication, Moderation

July 2019

Juvenile Arthritis Awareness Month

Did you know children can get arthritis? Learn more about juvenile arthritis [<http://bit.ly/1Jx9OJ9>]

Reading Level: 6.4

Publication, Moderation

Juvenile Arthritis Awareness Month

When is your child's joint pain normal, and when could it be a sign of juvenile arthritis? [<http://bit.ly/1KitmIS>]

Reading Level: 6.3

Publication, Moderation

Distracted Driving

Heading out on a summer road trip? Keep your cell phone out of your hands while behind the wheel [<http://bit.ly/1PjiGnS>]

Reading Level: 1.7

Publication, Moderation

Distracted Driving

Hands-free doesn't mean risk-free. Why a hands-free cell phone can still be a danger while driving [<http://bit.ly/1PjiGnS>]

Reading Level: 3.0

Publication, Moderation

Distracted Driving

Did you know certain apps can help reduce distracted driving? Stay focused on driving with these resources [<http://bit.ly/2jldP6n>]

Reading Level: 5.0

Publication, Moderation

Summer Pet Safety

Enjoying a long walk with your dog on a warm day? Be careful about walking on hot asphalt [<http://bit.ly/1ma9ztf>]

Reading Level: 4.3

Publication, Moderation

Summer Pet Safety

It's hot outside for us – even hotter for our dogs! Follow these tips as you walk your dog
[<http://bit.ly/1ma9ztf>]

Reading Level:

Publication, Moderation

Summer Recipes

When you don't want to heat up your kitchen, make some cool and tasty gazpacho
[<http://bit.ly/1AOnj3H>]

Reading Level: 5.2

Publication, Moderation

Summer Recipes

There's no reason your cookout can't include nutritious options. Check out this grilled chicken recipe
[<http://bit.ly/1d4ergY>]

Reading Level: 6.2

Publication, Moderation

Summer Recipes

Fire up the grill for quick and tasty Tuscan-style grilled chicken kebabs [<http://bit.ly/1cYxzg0>]

Reading Level: 5.8

Publication, Moderation

Summer Recipes

This refreshing salad is packed with fresh fruit and is perfect for your next picnic
[<http://cle.clinic/1MAiINW>]

Reading Level: 5.9

Publication, Moderation

Summer Recipes

Try these 7 food swaps for a healthier cookout [<http://cle.clinic/1gmpnZt>]

Reading Level: 2.3

Publication, Moderation

Summer Recipes

Watermelon cookies are a cool treat on a hot summer day [<http://bit.ly/1dir6Nf>]

Reading Level: 5.8

Publication, Moderation

Summer Safety

Cooking around the campfire can be fun, but it can also present challenges. Follow these food safety tips [<http://1.usa.gov/1SC6a6m>]

Reading Level: 6.2

Publication, Moderation

Summer Safety

Leaving food out in the heat during your barbecue can be a recipe for disaster. Find out how to keep food fresh and safe in the summer heat [<http://bit.ly/1U9D1x5>]

Reading Level: 5.2

Publication, Moderation

Summer Safety

Sunscreen smarts: What's your SPF IQ? [<http://mayocl.in/1Pq3KBu>] Reading Level: 0.5

Publication, Moderation

Summer Safety

Learn how to pick the right sunscreen [<http://mayocl.in/1Dk74fv>] Reading Level: 0.6

Publication, Moderation

Summer Safety

How to safely sweat it out in the summer [<http://bit.ly/1PDkZPG>] Reading Level: 2.3

Publication, Moderation

Summer Safety

Heading out for a hike on a beautiful summer day? Here are some tips before you enjoy the great outdoors [<http://bit.ly/1rD5tHg>]

Reading Level: 4.8

Publication, Moderation

Summer Safety

Taking the kids to the pool this summer? Stay safe with these water safety tips [<http://bit.ly/2FVgPF6>]

Reading level: 3.0

Publication, Moderation

Summer Safety

Protect yourself from Zika virus. How to control mosquitoes outside your home [<http://bit.ly/2IsDIFD>]

Reading level: 6.4

Publication, Moderation

World Hepatitis Day (July 28)

Learn the difference between Hepatitis A, B and C #WorldHepatitisDay [<http://1.usa.gov/1SD3jaB>]

Reading Level: 0.0

Publication, Moderation

Evergreen

If you've got an infant at home, make sure to schedule regular doctor's checkups [<http://bit.ly/22k4Bgx>]

Reading Level: 6.7

Publication, Moderation

Evergreen

You know to take kids to the doctor when they're sick. But pediatrician visits are just as important for healthy children [<http://bit.ly/22k4Bgx>]

Reading Level: 6.4

Publication, Moderation

Evergreen

Running can be a fun way to exercise. Tips to make running easier: [<http://bit.ly/1Osurtz>]

Reading Level: 3.7

Publication, Moderation

Evergreen

Stay hydrated in the heat. Don't wait until you feel thirsty. [<http://bit.ly/1OrQWLd>]

Reading Level: 2.6

Publication, Moderation

Mental health

Did you know the food you eat can affect your mental health? Learn more about the food-mood connection [<http://bit.ly/2FWMdmR>]

Reading level: 3.6

Publication, Moderation

Summer health fairs

Back to school means back to the doctor. Make sure your child is up to date on vaccinations at their yearly doctor visit [<http://bit.ly/2ruenQS>]

Reading level: 4.2

Publication, Moderation

Sleep patterns

Staying on a sleep schedule over the summer will make it easier to transition back to school. Here's a checklist to help your family get a good night's sleep [<http://bit.ly/2jlf5X9>]

Reading level: 6.3

Publication, Moderation

Healthy pregnancy

Prenatal doctor visits are important to make sure both you and your baby are healthy. Learn what to expect during these visits [<http://bit.ly/2KL8IUM>]

Reading level: 6.4

Publication, Moderation

Dental Health

Dental health is more important than you think. Take care of your mouth and teeth with these tips [<http://bit.ly/2I25fOE>]

Reading level: 1.6

Publication, Moderation

August 2019

National Breastfeeding Awareness Month

What health benefits does breastfeeding give your baby? [<https://bit.ly/2rD0sb0>]

Reading Level: 6.7

Publication, Moderation

National Breastfeeding Awareness Month

When you breastfeed, you give your baby a healthy start that lasts a lifetime. Learn more [https://bit.ly/2rD0sb0]

Reading Level: 5.0

Publication, Moderation

National Breastfeeding Awareness Month

New moms: what you need to know about breastfeeding [https://bit.ly/2rD0sb0]

Reading Level: 3.6

Publication, Moderation

Children's Eye Health & Safety Month

Make sure to discuss the importance of eye safety with your kids [https://bit.ly/2j4WruR]

Reading Level: 5.8

Publication, Moderation

Children's Eye Health & Safety Month

Start your kids' school year off right. Schedule an eye exam before they head back to the classroom [https://bit.ly/2mUIPAo]

Reading Level: 1.7

Publication, Moderation

Children's Eye Health & Safety Month

What is pink eye? Learn more about one of the most common eye infections affecting children in the U.S. [http://bit.ly/1KX8F0Q]

Reading Level: 4.4

Publication, Moderation

Children's Eye Health & Safety Month

Children who play sports may not realize the risk of possible eye injuries. Check out this list [http://bit.ly/1QqhKv3]

Reading Level: 3.6

Publication, Moderation

National Immunization Awareness Month

Make sure to put vaccinations on your child's #BackToSchool list [<https://bit.ly/2omX2aF>]

Reading Level: 6.0

Publication, Moderation

National Immunization Awareness Month

Adults need vaccines too! Take this quiz to find out which vaccines you may need [<https://bit.ly/2tIEwSX>]

Reading Level: 3.6

Publication, Moderation

National Immunization Awareness Month

Are you up to date on your vaccines? Take this quiz and find out [<https://bit.ly/2tIEwSX>]

Reading Level: 0.8

Publication, Moderation

National Immunization Awareness Month

Back to school tip: protect against diseases by making sure your child's vaccination records are up-to-date [<https://bit.ly/2rKoKiT>]

Reading Level: 4.5

Publication, Moderation

Contact Lens Health Week

Do you wear contact lenses? Make sure you are taking proper care of them [<https://bit.ly/2i7JCyj>]

Reading Level: 2.8

Publication, Moderation

Contact Lens Health Week

When wearing contacts, healthy habits mean healthy eyes. Prevent infection with these tips [<https://bit.ly/2i7JCyj>]

Reading Level: 6.9

Publication, Moderation

Contact Lens Health Week

Did you know contact lenses can be a serious risk of eye infection? [<https://bit.ly/2i7JCyj>]

Reading Level: 6.7

Publication, Moderation

Sunglasses protection

Did you know sunglasses can save your eyesight? Find out how your sunglasses can offer the best protection [<http://bit.ly/1wnGfTC>]

Reading Level: 5.6

Publication, Moderation

Sunglasses protection

Sunglasses do more than just look cool. You need them to block out harmful UV rays [<http://bit.ly/1wnGfTC>]

Reading Level: 2.3

Publication, Moderation

Sunglasses protection

Choose the right sunglasses and keep your eyes healthy. Find out more [<http://bit.ly/1wnGfTC>]

Reading Level: 2.4

Publication, Moderation

Pool safety

Keep your kids safe in the water this summer [<https://bit.ly/2hHRztK>]

Reading Level: 2.3

Publication, Moderation

Pool safety

Swimming is not only fun, it is a lifesaving skill. Check out these water safety tips [<https://bit.ly/2hHRztK>]

Reading Level: 4.4

Publication, Moderation

Pool safety

Always watch children when they're in or near water, and never leave them unattended. Learn more about pool safety [<https://bit.ly/2hHRztK>]

Reading Level: 6.7

Publication, Moderation

First Aid

Do you know what to do in an emergency? Taking action right away can save a life [<https://bit.ly/2JZgcNK>]

Reading Level: 3.6

Publication, Moderation

First Aid

When should you call 911? Learn what to do in an emergency [<https://bit.ly/2JZgcNK>]

Reading Level: 3.4

Publication, Moderation

First Aid

What should you do when someone is choking? Learn how to help [<https://bit.ly/2JZgcNK>]

Reading Level: 1.5

Publication, Moderation

First Aid

Be ready to handle an emergency. Simple actions can save lives [<https://bit.ly/2JZgcNK>]

Reading Level: 5.8

Publication, Moderation

First Aid

Knowing CPR can help when someone's heart or breathing has stopped [<https://bit.ly/2GUAObF>]

Reading Level: 5.8

Publication, Moderation

First Aid

What should you include in your first aid kit? Use this checklist [<https://bit.ly/2yoCVBz>]

Reading Level: 0.5

Publication, Moderation

Back to School

Healthy students are better learners. Find out ways your child can stay active at school [<https://bit.ly/2M8ytbY>]

Reading Level: 3.0

Publication, Moderation

Back to School

School is a great place to practice healthy eating. Learn more [<https://bit.ly/2lowaGC>]

Reading Level: 1.5

Publication, Moderation

Back to School

Are your kids ready for #BackToSchool? Give them a healthy start [<https://bit.ly/2y9y7ef>]

Reading Level: 2.6

Publication, Moderation

Back to School— Lunches

Parents share tips to make packing school lunches easier [<https://bit.ly/2tau3KM>]

Reading Level: 4.9

Publication, Moderation

Back to School— Lunches

This #BackToSchool season, try these tips on packing nutritious lunches for your kids [<https://bit.ly/2tau3KM>]

Reading Level: 7.6

Publication, Moderation

Psoriasis Awareness Month

How much do you know about psoriasis? [<https://bit.ly/1mI2YFS>]

Reading Level: 5.6

Publication, Moderation

Psoriasis Awareness Month

This month, learn more about psoriasis and who it affects [<https://bit.ly/1mI2YFS>]

Reading Level: 6.0

Publication, Moderation

Food Poisoning

Did you know there is a greater risk of food poisoning in the summer months? Learn more [<https://bit.ly/2wbfnJY>]

Reading Level: 2.3

Publication, Moderation

Food Poisoning How can you avoid food poisoning this summer? [<https://bit.ly/2wbfnJY>]

Reading Level: 5.2

Publication, Moderation

Food Poisoning

Learn the symptoms of food poisoning [<https://bit.ly/2wbfmJY>]

Reading Level: 4.4

Publication, Moderation

Heat-related illnesses

Know the signs of heat-related health problems [<https://bit.ly/2tJrrlB>]

Reading Level: 5.6

Publication, Moderation

Heat-related illnesses

Know the signs of heat-related illnesses and what you should do [<https://bit.ly/2tJrrlB>]

Reading Level: 5.8

Publication, Moderation

Heat-related illnesses

Do you know how dangerous extreme heat can be? How to stay healthy: [<https://bit.ly/2rumlCr>]

Reading Level: 3.7

Publication, Moderation

Heat-related illnesses

What should you do in extreme heat? [<https://bit.ly/2rumlCr>]

Reading Level: 0.6

Publication, Moderation

Heat-related illnesses—older adults

Did you know older adults are more prone to heat stress? Learn the facts [<https://bit.ly/2r8qz8e>]

Reading Level: 0.6

Publication, Moderation

Heat-related illnesses—older adults

Over the age of 65? You may be more prone to heat-related health problems [<https://bit.ly/2r8qz8e>]

Reading Level: 4.1

Centene Corporate Communications Social Content – September 2019



Title	Text	Description	Intended Use
National Food Safety Education Month	Learn the core four ways to help protect against food bacteria https://bit.ly/1gGeJvY	Reading Level: 5.8	Publication, Moderation
National Food Safety Education Month	Know food safety tips to reduce the risk of foodborne illness https://bit.ly/1gGeJvY	Reading Level: 5.8	Publication, Moderation
National Food Safety Education Month	Don't let your food sit out for a long time. Refrigerate foods quickly to stop the growth of harmful bacteria https://bit.ly/1gGeJvY	Reading Level: 4.8	Publication, Moderation
Ovarian Cancer Awareness Month	Do you know the risk factors of ovarian cancer? Learn more https://bit.ly/2vbaJPF	Reading Level: 0.5	Publication, Moderation
Ovarian Cancer Awareness Month	Women's risk for ovarian cancer increases with age. Know the signs and symptoms https://bit.ly/2tWkGyz	Reading Level: 3.4	Publication, Moderation
Prostate Cancer Awareness Month	Do you know the risk factors of prostate cancer? Learn more https://bit.ly/2KJoCMP	Reading Level: 0.5	Publication, Moderation
Prostate Cancer Awareness Month	Men's risk for prostate cancer increases with age. Know the signs and symptoms https://bit.ly/2KJoNaX	Reading Level: 2.4	Publication, Moderation
Childhood Obesity Awareness Month	About 1 in 3 children are overweight or obese. This can lead to serious problems http://1.usa.gov/1ovFOja	Reading Level: 5.7	Publication, Moderation
Childhood Obesity Awareness Month	Childhood obesity can lead to serious health problems. Help your kids eat healthy and stay active http://1.usa.gov/1ovFOja	Reading Level: 5.9	Publication, Moderation
Head Lice Prevention Month	What should you do if your child comes home from school with lice? https://bit.ly/2vOBgyl	Reading Level: 1.2	Publication, Moderation
Head Lice Prevention Month	Follow these steps to prevent and control the spread of head lice https://bit.ly/2vOBgyl	Reading Level: 3.8	Publication, Moderation
Head Lice Prevention Month	Lice infestation at your child's school? Learn what you should do https://bit.ly/2vOBgyl	Reading Level: 1.5	Publication, Moderation

World Alzheimer's Month	Alzheimer's disease is more than just memory loss. Learn the symptoms https://mayocl.in/2iOKryg	Reading Level: 4.1	Publication, Moderation
World Alzheimer's Month	Did you know? Brain changes that occur with Alzheimer's disease can cause depression, mood swings, and other changes in personality https://mayocl.in/2iOKryg	Reading Level: 6.7	Publication, Moderation
World Alzheimer's Month	What are the symptoms of Alzheimer's disease? https://mayocl.in/2iOKryg	Reading Level: 2.4	Publication, Moderation
World Alzheimer's Month	Increasing age is the greatest known risk factor for Alzheimer's disease. Know the facts https://mayocl.in/2iOKryg	Reading Level: 3.2	Publication, Moderation
Fruit & Veggies – More Matters Month	Fresh produce is always a good idea! Ten reasons to eat more fruits and veggies http://bit.ly/1dlM1qx	Reading Level: 3.0	Publication, Moderation
Fruit & Veggies – More Matters Month	Nutritious and delicious! The top 10 reasons to eat more fruits and veggies http://bit.ly/1dlM1qx	Reading Level: 4.1	Publication, Moderation
Fruit & Veggies – More Matters Month	Are you storing your fruits and vegetables correctly? http://bit.ly/1h13h0C	Reading Level: 6.0	Publication, Moderation
Fruit & Veggies – More Matters Month	How do you store your fruits and vegetables? Find out how to make your fresh foods last longer http://bit.ly/1h13h0C	Reading Level: 2.3	Publication, Moderation
Fruit & Veggies – Fall Produce	What fruit and veggies are in season this fall? https://bit.ly/2xnlb7e	Reading Level: 2.3	Publication, Moderation
Fruit & Veggies – Fall Produce	Know what produce is in-season this fall. Check out this list https://bit.ly/2xnlb7e	Reading Level: 1.5	Publication, Moderation
Newborn Screening Awareness Month	Expecting a baby? Read up on the benefits of a newborn screening https://bit.ly/1XrNfMk	Reading Level: 5.4	Publication, Moderation
Newborn Screening Awareness Month	What is newborn screening? Know the facts https://bit.ly/1XrNfMk	Reading Level: 0.9	Publication, Moderation
National Cholesterol Education Month	Both lifestyle choices and your family history can put you at risk for high cholesterol. Learn more https://bit.ly/2KPh9Mn	Reading Level: 5.7	Publication, Moderation

National Cholesterol Education Month	If you keep your cholesterol in a healthy range, you lower your risk of heart disease and stroke https://bit.ly/2y7frQo	Reading Level: 5.8	Publication, Moderation
Heart Health	Ready to start a heart-healthy diet? Get started with these tips https://mayocl.in/2E49VNZ	Reading Level: 2.6	Publication, Moderation
Heart Health	How much you eat is just as important as what you eat. Control your portion size to reduce the risk of heart disease https://mayocl.in/2E49VNZ	Reading Level: 3.7	Publication, Moderation
Heart Health	Reducing sodium is an important part of a heart-healthy diet. Learn other tips https://mayocl.in/2E49VNZ	Reading Level: 5.0	Publication, Moderation
Heart Health	Learn how to make your diet heart-healthy https://mayocl.in/2E49VNZ	Reading Level: 2.3	Publication, Moderation
National Preparedness Month	Do you have emergency supplies? Get ahead of the next storm by making sure you're ready. www.ready.gov/kit	Reading Level: 5.2	Publication, Moderation
National Preparedness Month	Disasters don't plan ahead. You can. Make an emergency plan today and practice it www.ready.gov/plan	Reading Level: 4.7	Publication, Moderation
National Preparedness Month	Does your family have a plan for emergencies? Get started with some tips www.ready.gov	Reading Level: 4.1	Publication, Moderation
National Preparedness Month—Hurricanes	Hurricanes are most active in September. Be prepared www.ready.gov/hurricanes	Reading Level: 6.6	Publication, Moderation
National Preparedness Month—Hurricanes	Are you prepared this hurricane season? www.ready.gov/hurricanes	Reading Level: 6.4	Publication, Moderation
Whole Grains Month	Do you include whole grains in your daily diet? If not, check out these health benefits https://mayocl.in/2uO3TOB	Reading Level: 2.2	Publication, Moderation
Whole Grains Month	Whole grains reduce risks of heart disease, stroke, cancer, diabetes, and obesity. Find out more health benefits https://mayocl.in/2uO3TOB	Reading Level: 6.4	Publication, Moderation
Older Adult Falls	Millions of older people fall each year. Here are some simple things you can do to protect yourself from a fall-related injury https://bit.ly/2mjZik6	Reading Level: 5.6	Publication, Moderation
Older Adult Falls	Did you know? One out of 5 falls suffered by older adults causes a serious injury, like broken bones or a head injury https://bit.ly/2mjZik6	Reading Level: 6.3	Publication, Moderation
Older Adult Falls	Millions of adults age 65+ fall each year. Learn how you can decrease the risk of falls in your home https://bit.ly/2mjZik6	Reading Level: 3.0	Publication, Moderation

Sepsis Awareness Month	Learn how infection can lead to sepsis. Do you know the signs? https://bit.ly/2xdjryz	Reading Level: 1.5	Publication, Moderation
Sepsis Awareness Month	What's the difference between sepsis and infection? Learn more https://bit.ly/2xdjryz	Reading Level: 5.8	Publication, Moderation
Celiac Disease Awareness	Symptoms of celiac disease look different in different people. Know what to look for https://mayocl.in/2B1WL2D	Reading Level: 5.0	Publication, Moderation
Celiac Disease Awareness	Know the signs of celiac disease in children https://mayocl.in/2B1WL2D	Reading Level: 2.3	Publication, Moderation
Sickle Cell Anemia	Signs and symptoms of sickle cell anemia vary by person and change over time. Know what to look for https://mayocl.in/2yR9801	Reading Level: 3.6	Publication, Moderation
Sickle Cell Anemia	Sickle cell anemia is usually diagnosed at infancy, but it can show up later in life. Know what to look for https://mayocl.in/2yR9801	Reading Level: 4.8	Publication, Moderation
Back to School Germ Prevention	What your child can do to stay healthy at school https://mayocl.in/2uE09P9	Reading Level: 1.2	Publication, Moderation
Back to School Germ Prevention	This back to school season, help your child stay healthy with these tips https://mayocl.in/2uE09P9	Reading Level: 3.0	Publication, Moderation
Managing Diabetes	A simple blood test can let you know if you have diabetes. Do you know the signs? https://bit.ly/2uJ3qKZ	Reading Level: 1.7	Publication, Moderation
Managing Diabetes	Did you know stress can make managing diabetes harder? Learn more https://bit.ly/2uJ3qKZ	Reading Level: 3.7	Publication, Moderation
Suicide Awareness	Learn suicide warning signs. You may save a life—your own or someone else's https://mayocl.in/2zMtTz7	Reading Level: 3.1	Publication, Moderation
Suicide Awareness	Suicidal thinking does not get better on its own. Know the signs and symptoms so you can get help https://mayocl.in/2zMtTz7	Reading Level: 3.0	Publication, Moderation
Medicine Safety	Protect your children: put your medicines up, away, and out of sight https://bit.ly/2jpEWUv	Reading Level: 5.8	Publication, Moderation
Medicine Safety	Safe medication storage can save lives. Learn more https://bit.ly/2jpEWUv	Reading Level: 3.6	Publication, Moderation

Centene Corporate Communications Social Content – October 2019

Title	Text	Reading Level:	Intended Use
<p>Anti-Bullying Awareness Month</p>	<p>Kids who are bullied can suffer and may not perform well in school. Learn how to talk about bullying with your kids at home https://bit.ly/2Mt5bJ7</p>  <p>The graphic features a photograph of a young girl sitting on a wooden bench, looking downcast. Another girl stands beside her, leaning over and hugging her. The image is overlaid with a semi-transparent orange filter. The text 'Anti-Bullying Awareness Month' is written in white, bold font, with the tagline 'Take a stand against bullying' in a smaller, italicized font below it.</p>	3.3	Publication, Moderation
<p>Anti-Bullying Awareness Month</p>	<p>Teach your child to keep their social circles open and diverse https://bit.ly/2Be6Pty</p>  <p>The graphic includes a black box with the word 'TIP:' in white, bold letters, followed by the text 'Help your child feel safer by encouraging and fostering strong friendships'. Below this is a circular inset image showing a young boy sitting on the floor with his head buried in his hands, appearing distressed. A young girl sits next to him, placing her hand on his shoulder in a supportive gesture. The background is a warm, orange-toned indoor setting.</p>	3.0	Publication, Moderation
<p>Breast Cancer Awareness</p>	<p>Breast cancer screens help find cancer at an early stage. Ask your doctor about screening https://bit.ly/2ehabRN</p>	3.8	Publication, Moderation

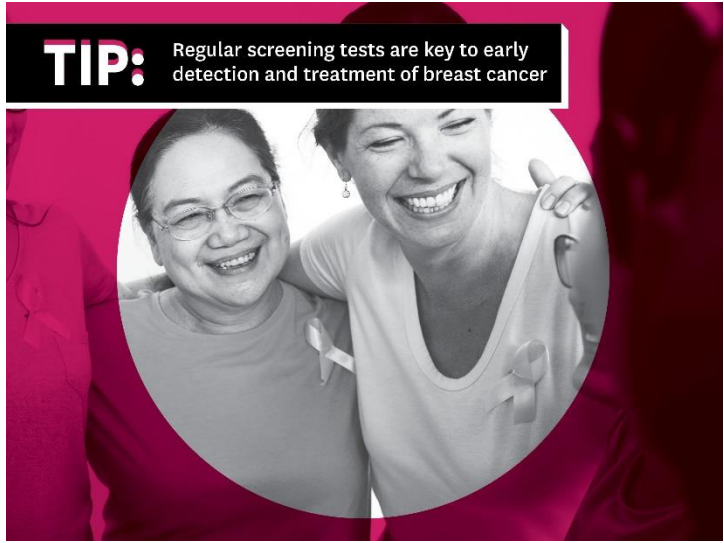


Breast Cancer Awareness

Breast cancer may be easier to treat if found early. Ask your doctor about screening <https://bit.ly/2ehabRN>

3.6

Publication, Moderation



Eye Care

Did you know maintaining a healthy weight can help prevent eye complications? Learn more <https://bit.ly/1CqOlOO>

4.8

Publication, Moderation



Simple Tips for Healthy Eyes

Get an eye exam and know your health history

Eye Care

Make sure you are seeing your best by getting eye exams regularly. Learn about the dilated eye exam <https://bit.ly/1D7fkvK>

6.2

Publication, Moderation



TIP: Know your family's health history, and have comprehensive eye exams

Fall Family Activities

Encourage your kids to chip in with fun chores like raking leaves. Learn more ways to stay active <https://bit.ly/2MWDLIM>

2.3

Publication, Moderation



Fall Family Activities

Make time for outdoor activities by limiting the time your kids spend watching TV. Learn other ways to limit screen time <https://bit.ly/2MWDLIM>

5.3

Publication, Moderation






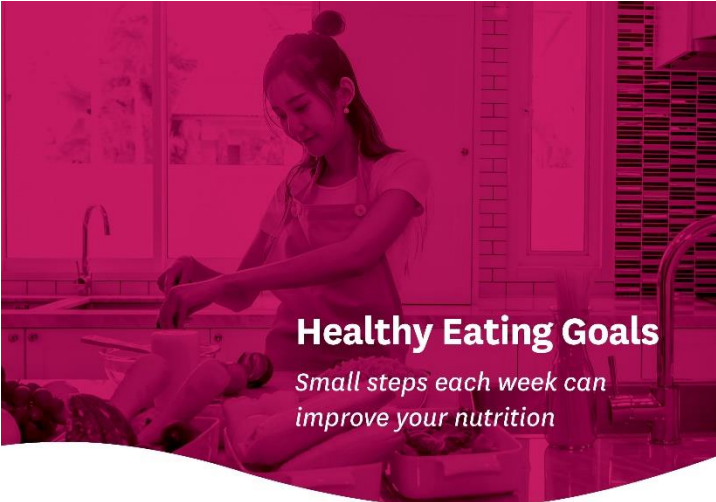
Halloween Safety

Did you know Halloween masks can block your child's eyesight? Try using makeup and decorative hats instead <https://bit.ly/2nldVx5>

6.4

Publication, Moderation

	 <p>Stay Safe This Halloween <i>Consider hats as alternatives to masks that can block eyesight</i></p>		
<p>Halloween Safety</p>	<p>Keep your child safe by picking costumes that are bright and reflective. Know what else to look for when shopping for costumes https://bit.ly/2nldVx5</p>  <p>TIP: Consider hats as alternatives to masks that can block eyesight</p>	<p>3.7</p>	<p>Publication, Moderation</p>
<p>Healthy Food Choices</p>	<p>Eating healthy doesn't mean you have to eat only a limited variety of foods. Make your meals more interesting https://mayocl.in/2vQFHvF</p>	<p>4.8</p>	<p>Publication, Moderation</p>

	<p>TIP: Choose lean protein foods and fill your plate with fruit and vegetables</p> 		
<p>Healthy Food Choices</p>	<p>Stress and boredom can affect what you eat. Some tips to control emotional eating https://mayoclinic.org/healthy-lifestyle/healthy-eating/in-depth/emotional-eating/art-2034703</p> 	<p>5.6</p>	<p>Publication, Moderation</p>
<p>Mental Health Care</p>	<p>Taking care of mental health is an important step in staying healthy. Know the warning signals https://bit.ly/2PfcXjp</p>	<p>5.2</p>	<p>Publication, Moderation</p>



Boost Your Mental Health

Treat yourself with kindness and avoid self-criticism

Mental Health Care

One in five youth and young adults experience signs of mental health conditions. Keep an eye out for these signs <https://bit.ly/2PfcXjp>

3.6

Publication, Moderation



TIP: Look for changes in sleeping patterns, eating habits, and mood changes

Oral Health Care

Did you know you should replace your toothbrush every 3 to 4 months? Practice good oral hygiene daily <https://mayocl.in/2qNpQhc>

4.3

Publication, Moderation



<p>Oral Health Care</p>	<p>Flossing and brushing your teeth twice a day can help prevent oral infections. Practice good oral hygiene https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475</p> <div data-bbox="362 940 1081 1472" data-label="Image"> </div>	<p>5.2</p>	<p>Publication, Moderation</p>
<p>SIDS</p>	<p>Did you know room-sharing can lower the risk of SIDS by as much as 50%? Tips to keep your baby safe https://bit.ly/1UES7cL</p>	<p>3.1</p>	<p>Publication, Moderation</p>



SIDS

Do not use pacifiers that attach to infant clothing. Keep your baby safe during nap time and bedtime <https://bit.ly/1UES7cL>

5.6

Publication, Moderation



Sports Safety

Eye injuries can lead to partial or complete blindness. Learn how to keep your child's eyes healthy <https://bit.ly/2MSrJz>

4.3

Publication, Moderation



Sports Safety

Concussion symptoms can show up a few days or weeks after the injury. Know the signs <https://bit.ly/2qkE70e>

3.7

Publication, Moderation

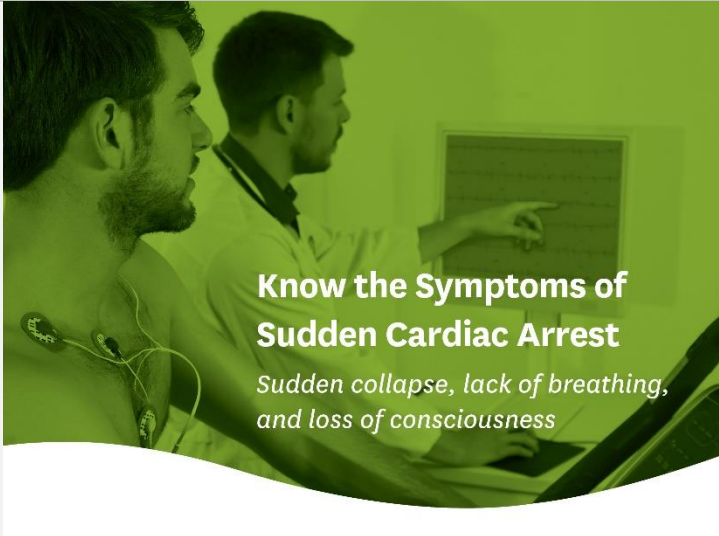
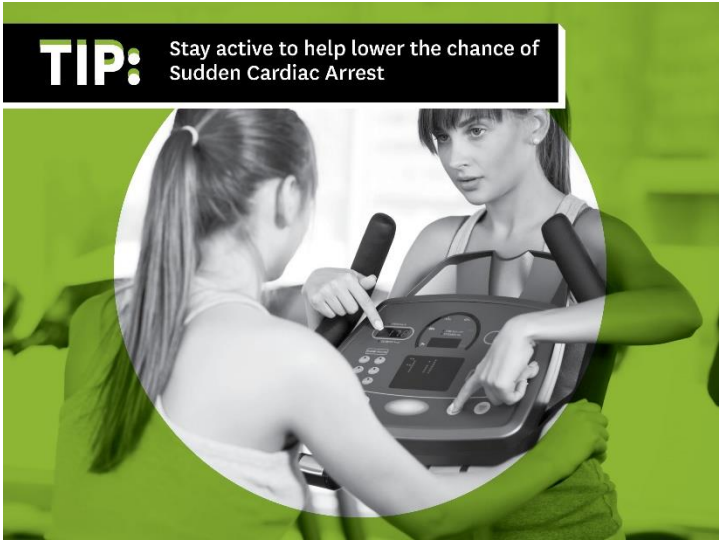


Sudden Cardiac Arrest

Performing CPR can help save someone from sudden cardiac arrest. Know the symptoms <https://mayocl.in/2AsqjpF>

6.9

Publication, Moderation

	 <p>Know the Symptoms of Sudden Cardiac Arrest Sudden collapse, lack of breathing, and loss of consciousness</p>		
<p>Sudden Cardiac Arrest</p>	<p>Take care of your heart by eating a balanced diet and exercising. Stay active https://mayoclinic.org/2AsqjpF</p>  <p>TIP: Stay active to help lower the chance of Sudden Cardiac Arrest</p>	<p>3.9</p>	<p>Publication, Moderation</p>
<p>Take Back Day (Oct. 27, 2019)</p>	<p>“Take Back Day” is a safe way for you to dispose of unused medications. Oct. 27, 2019 is the next #TakeBackDay https://bit.ly/2lvi836</p>	<p>5.3</p>	<p>Publication, Moderation</p>
<p>Fall Allergies</p>	<p>Could your sneeze, cough and itchy throat be from allergies? Learn more about the symptoms and the relief https://bit.ly/2MAIMcK</p>	<p>3.6</p>	<p>Publication, Moderation</p>
<p>Flu</p>	<p>Flu activity often picks up in October. Learn about steps to protect against the flu https://bit.ly/2jUZthu</p>	<p>6.2</p>	<p>Publication, Moderation</p>

Flu	Debunk these flu myths so you can be prepared this flu season https://bit.ly/2AU9zaS	3.8	Publication, Moderation
Flu	Flu shots can help more than just yourself. If you are pregnant, getting a flu shot can also protect your newborn from getting the flu, too https://bit.ly/2iC5QG8	4.0	Publication, Moderation
Flu	What should you do if you get the flu? Learn ways to treat the flu if you realize you have it https://bit.ly/2dKjd7e	0.8	Publication, Moderation
Flu	The single best way to protect against the flu is to get vaccinated each year. See why you should get the shot https://bit.ly/2hr9YbP	3.7	Publication, Moderation
Fall Foods	Spending time in the pumpkin patch this fall? Pumpkins, both fresh and canned are packed with nutrients. Bake into bread, soup, or pie and toast the seeds for a crunchy snack https://mayoclinic.in/2OH44LX	2.5	Publication, Moderation
Evergreen	Don't wait until after the holidays. Get back on track to healthy eating https://bit.ly/2mHOsRT	4.1	Publication, Moderation

Choosesilversummit.com Landing Page

Headline: Coverage that covers more. It's all part of my plan.

Copy:

SilverSummit offers quality healthcare for Nevada Medicaid and Nevada Check Up members.

Take care of your family with coverage from SilverSummit Healthplan.

Choose SilverSummit Healthplan for programs like:

- **Rewards Program**
Earn rewards by completing health behaviors.
- **24/7 Nurse Advice Line**
Call to speak to a medical professional for immediate advice on health-related problems— anytime, day or night.
- **Start Smart for Your Baby**
Take care of yourself and your baby with our special program for women who are pregnant and moms who just had a baby.
- **Over-the-Counter Pharmacy Benefits**
Receive drug therapy that is appropriate, high-quality and cost-effective. We offer a benefit of \$30 per member household, per quarter.
- **Transportation Services**
Vouchers for transportation to community services. Conditions may apply.
- **Dental Benefits**
Keep your smile bright with two dental visits (cleaning and x-ray) a year, if provided in at Federally Qualified Health Center (FQHC), for members 21 and older, and pregnant women.
- **Vision Benefits**
Protect your eyes with services such as eye exams and prescription eyewear. We offer all of our members repair or replacement of glasses once during every 12-months. Members 21 and older will get \$100 towards contact lenses in lieu of glasses when medically necessary.
- **Boys and Girls Club**
Because you and we know social and leadership skills for your children,

we will sponsor the membership fee to the local Boys and Girls Club.
- **Weight Watchers Membership**
Members can receive vouchers for registration and 10 weeks of meeting room classes.
Conditions may apply.

How to Enroll

April 1 – June 30: You can choose or switch plans. If you choose SilverSummit, your coverage will begin July 1.

To enroll in a plan or switch plans, complete and return the form mailed to you. You should have received this form in early April. If you lost the form or did not receive one, you can request to switch by sending in a signed written letter to the following address:

Nevada Medicaid
Attn. MCO Changes
P.O. Box 30042
Reno, NV 89520

You can also call the Medicaid District Office with questions at:

- Las Vegas Office: 702-668-4200
- Reno Office: 775-687-1900

Buttons/call outs:

Choose SilverSummit Health Plan. Enroll now.

Find your Doctor

SilverSummit Healthplan partners with the doctors you know and trust. Check to see if your doctor is in our network.

For more information call: 1-844-366-2880 (TTY/TDD 1-844-804-6086).

Choosesilversummit.com Landing Page

Headline: Cobertura que cubre más. Es todo parte de mi plan.

Copy:

SilverSummit ofrece atención médica de calidad para los afiliados de Nevada Medicaid y Nevada Check Up.

Cuide a su familia con la cobertura de SilverSummit Healthplan.

Elija SilverSummit HealthPlan para programas como:

- **Programa de recompensas**
Complete conductas saludables y gane recompensas.
- **Línea de Asesoramiento de Enfermería las 24 horas, los 7 días de la semana**
Comuníquese con un profesional médico para obtener asesoramiento inmediato sobre problemas relacionados con la salud, en cualquier momento del día o de la noche.
- **Start Smart for Your Baby**
Cuide de usted y de su bebé con nuestro programa especial para mujeres embarazadas y madres que acaban de tener un bebé.
- **Beneficios en Farmacias**
Garantizamos su acceso a medicamentos seguros y eficaces para ayudarlo a recuperar su salud y mantenerse sano.
- **Servicios de Transporte**
Cupones para transporte a servicios comunitarios. Se pueden aplicar condiciones.
- **Beneficios Oftalmológicos**
Proteja sus ojos con servicios como exámenes oftalmológicos y lentes recetados.
- **Boys and Girls Club**
Porque usted y nosotros sabemos sobre habilidades sociales y de liderazgo para sus hijos, vamos a patrocinar la cuota de membresía del Boys and Girls Club local.
- **Membresía de Weight Watchers**
Los afiliados pueden recibir cupones para el registro y 10 semanas de clases en la sala de reunión. Se puede aplicar condiciones.

Cómo inscribirse

Abril 1 – Junio 30: Puede elegir o cambiar de plan. Si elige SilverSummit, su cobertura comenzará el 1 de julio.

Para elegir o cambiar de plan, complete and devuelva el formulario que le enviamos. Usted hubiese recibido el formulario a principios de Abril. Si ha usted se le a perdido el formulario o no lo recibió, puede solicitar el cambio de plan por medio de una carta escrita y firmada a la siguiente dirección:

Nevada Medicaid
Attn. MCO Changes
P.O. Box 30042
Reno, NV 89520

También puedes llamar a la oficina Distrita de Medicaid con sus preguntas:

- Las Vegas Office: 702-668-4200
- Reno Office: 775-687-1900

Buttons/Call Outs:

Elija SilverSummit Health Plan. Inscríbase hoy.

Encuentre a su Médico

SilverSummit Healthplan está asociado con los médicos que ya conoce y en los que confía. Compruebe si su médico está en nuestra red.

Para obtener más información, llame al: 1-844-366-2880 (TTY/TDD 1-844-804-6086).

CEN-17248

Nevada 2018 Choice radio

CHOICE #1

WOMAN:

We make hundreds of choices every day. So when it comes to my family, I want to make the best choices for them. That's why choosing our healthcare coverage is important to me. I want to know my health plan offers the benefits and services my family and I want and need.

Making the best choice for my family.

It's all part of my plan.

ANNCR:

Visit SilverSummitHealthPlan.com to learn more about SilverSummit Healthplan today. SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan.

CHOICE #2

WOMAN:

My family's health is important to me. I like knowing I can choose the health plan that's right for us. I want to make sure we have the benefits and services we want and need. Because it's my family's health. And it's up to me to make the best choice for all of us.

Choosing a health plan that's right for us.

It's all part of my plan.

ANNCR:

Make your health plan choice by June 30th. Visit SilverSummitHealthPlan.com to learn more.

SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan.

Why SilverSummit- Direct Mail-English Copy

Cover

Headline: Coverage That Covers More

Subhead: It's all part of my plan.

Logo: SilverSummit Healthplan

Callout: CHOOSE TODAY!

Bottom Callout:

DON'T DELAY! Call us today to learn more about SilverSummit Healthplan. You have until June 30 to choose a plan.

Inside Front Cover

Headline: Your health. Your plan. Your choice.

Copy: Stay focused on your health with SilverSummit Healthplan. It's coverage that covers more.

Inside Middle Panel

Copy: Nothing is more important than taking care of you and your family. Choose SilverSummit Healthplan for medical care and benefits. You can choose care from doctors you know and trust. Some of our benefits include:

Comprehensive Medical Care

Key health benefits and preventive care you need to stay healthy.

Rewards Program

Earn rewards by completing healthy behaviors.

24/7 Nurse Advice Line

Call to ask for assistance with health questions—anytime, day or night.

Start Smart for Your Baby Program

Take care of yourself and your baby. Our special program is for women who are pregnant and moms who just had a baby. It offers support by mail, over the phone and online.

Over-the-Counter Pharmacy Benefits

Receive drug therapy that is appropriate, high-quality and cost-effective. We offer a benefit of \$30 per member household, per quarter.

Dental Benefits

Keep your smile bright with two dental visits (cleaning and x-ray) a year, if provided in at Federally Qualified Health Center (FQHC), for members 21 and older, and pregnant women.

Transportation Services

Vouchers for transportation to community services. Conditions may apply.

Vision Benefits

Protect your eyes with services such as eye exams and prescription eyewear. We offer all of our members repair or replacement of glasses once during every 12-months. Members 21 and older will get \$100 towards contact lenses in lieu of glasses when medically necessary.

Copy: Stay focused on your health with useful programs, tools and support.

To learn more please contact us at 1-844-366-2880 (TTY/TDD 1-844-804-6086)

or visit JoinSilverSummit.com

Mailing panel

Copy: SilverSummit Healthplan offers quality healthcare for Nevada Medicaid and Nevada Check Up members.

Logo: SilverSummit Healthplan
2500 North Buffalo Drive
Las Vegas, NV 89128

ENROLLMENT INFORMATION:

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Reno, NV 89520

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Reno, NV 89520

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- Las Vegas Office: 702-668-4200
- Reno Office: 775-687-1900

Bilingual Brochure— English Copy

Cover

Logo: SilverSummit Healthplan

Copy: A Nevada Medicaid and Nevada Check Up Plan

Headline: Coverage That Covers More

Subhead: It's all part of my plan.

Inside Front Cover

Headline: We care about you and your family.

Inside Middle Panel

Copy: SilverSummit Healthplan offers complete healthcare coverage and other valuable programs, educational tools and support. So you and your family can focus on living healthy lives. Some of our benefits include:

- **Rewards Program**
Earn rewards by completing health behaviors.
- **24/7 Nurse Advice Line**
Call to speak to a medical professional for immediate advice on health-related problems—anytime, day or night.
- **Start Smart for Your Baby®**
Take care of yourself and your baby with our special program for women who are pregnant and moms who just had a baby.
- **Over-the-Counter Pharmacy Benefits**
Receive drug therapy that is appropriate, high-quality and cost-effective. We offer a benefit of \$30 per member household, per quarter.
- **Dental Benefits**
Keep your smile bright with two dental visits (cleaning and x-ray) a year, if provided in at Federally Qualified Health Center (FQHC), for members 21 and older, and pregnant women.
- **Vision Benefits**
Protect your eyes with services such as eye exams and prescription eyewear. We offer all of our members repair or replacement of glasses once during every 12-months. Members 21 and older will get \$100 towards contact lenses in lieu of glasses when medically necessary.

Back-Left panel

Copy: SilverSummit Healthplan offers quality healthcare for Nevada Medicaid and Nevada Check Up members.

Plus, we partner with doctors you already know and trust, right where you live.

Visit SilverSummitHealthplan.com for a complete list of providers in our network.

Back-Middle panel

Header: It's all part of my plan.

Copy: For more information and a complete list of SilverSummit Healthplan benefits, please contact us at 1-844-366-2880 (TTY/TDD 1-844-804-6086) or visit SilverSummitHealthplan.com

OOH/Digital Headlines

Rewards for making healthy choices.

It's all part of my plan.

[Choose SilverSummit today!]

[Learn More]

Choosing a plan with programs for new moms.

It's all part of my plan.

[Find out more]

Finding coverage that fits my family.

It's all part of my plan.

[Choose SilverSummit today!]

Alt: [Open Enrollment ends June 30th]

Having a choice in my health plan.

It's all part of my plan.

Choose SilverSummit today!

[Learn More]

Choosing a health plan by [date].

It's all part of my plan.

[Choose SilverSummit Today!]

Alt: [Open enrollment ends June 30th]

SilverSummit Healthplan Copy

4/3/19

OOH Headlines

Awareness

Headline 1: Coverage that covers more.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 2: Answers when I need them.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 3: Taking care of my family.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 4: Rewards for making healthy choices.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 5: Providers I know and trust.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Plan Preference

Headline 1: Healthcare coverage with dental & vision benefits.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 2: Knowing we have vision coverage.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 3: Choosing a plan with dental benefits.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 4: Finding coverage that fits my family.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 5: Taking care of our eyesight.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Choice

Headline 1: Having a choice in my health plan.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 2: Choosing a health plan that's right for us.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 3: I know my [Medicaid] coverage options.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 4: I know our [Medicaid] coverage options.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 5: I know our health plan options.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 6: I decide which [Medicaid] plan is right for us.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 7: I decide which health plan is right for us.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 8: I protect my family's health.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Digital Headlines

Awareness

Headline 1: Coverage that covers more.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 2: Answers when I need them.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 3: Taking care of my family.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 4: Rewards for making healthy choices.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 5: Providers I know and trust.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Plan Preference

Headline 1: Healthcare coverage with dental & vision benefits.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 2: Knowing we have vision coverage.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 3: Choosing a plan with dental benefits.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 4: Finding coverage that fits my family.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 5: Taking care of our eyesight.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Choice

Headline 1: Having a choice in my health plan.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 2: Choosing a health plan that's right for us.

Tagline: It's all part of my plan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 3: I know my [Medicaid] coverage options.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 4: I know our [Medicaid] coverage options.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 5: I know our health plan options.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 6: I decide which [Medicaid] plan is right for us.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 7: I decide which health plan is right for us.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Headline 8: I protect my family's health.

Tagline: I choose SilverSummit Healthplan.

Call to action: Learn more!

URL: ChooseSilverSummit.com

ALT: SilverSummitHealthplan.com

Radio

Awareness 1

:30

[SFX: cars honking, bus door opening/boy laughing]

WOMAN: Catch the early bus. Get to work. Pick up the kids. And do it all again tomorrow. [SFX ABRUPT END] I just want more time with my family.

[ENTER MUSIC]

SilverSummit Healthplan makes it easier. They offer programs like Start Smart for Your Baby® and dollar rewards for healthy activities.

So, I can be there for my family.

It's all part of my plan.

ANNCR:

Visit ChooseSilverSummit.com [SilverSummitHealthplan.com] to learn more about SilverSummit Healthplan today. SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan.

Awareness 2

:30

WOMAN: You deserve quality healthcare. So, choose SilverSummit Healthplan as your Medicaid plan today.

MAN: Choose SilverSummit Healthplan for quality healthcare coverage that includes [vision and dental services plus programs for new and expecting moms, and dollar rewards for completing healthy activities.]

ANNCR: Remember to choose SilverSummit Healthplan today! Visit ChooseSilverSummit.com [SilverSummitHealthplan.com].

WOMAN: Coverage that covers more. It's all part of my plan

ANNCR: SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan.

Choice 1

:30

SFX: Park setting with ambient sound and music bed underneath.

WOMAN VO: I try to make the best choices for my family and our health so when it comes to choosing the right Medicaid plan, I want to make the best decision. [SilverSummit Healthplan] offers medical care and benefits my family and I need to stay healthy. They work with doctors we know and trust, plus, offer rewards for healthy activities. I decide which Medicaid plan is right for us. I choose [SilverSummit Healthplan].

ANNCR: Visit [ChooseSilverSummit.com] [SilverSummitHealthplan.com] to learn more about SilverSummit Healthplan today. SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan.

Choice 2

:30

WOMAN: I take care of my family's health. And knowing I have a choice in our Medicaid coverage is important to me.

MAN: Having a choice lets me compare plan options before I sign up.

WOMAN: So I can choose a plan, like SilverSummit Healthplan with special programs for pregnant and new moms.

MAN: And I can choose SilverSummit Healthplan with ways to earn rewards for healthy activities.

WOMAN: I decide which Medicaid plan is right for us. I choose SilverSummit Healthplan

ANNCR: Visit [[ChooseSilverSummit.com](#)] [[SilverSummitHealthplan.com](#)] to learn more about SilverSummit Healthplan today. SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan.

Choice 3

:30

WOMAN: As a mom, it's my job to make the right choices for my family's health. So I want to choose the Medicaid plan that's right for us—with the benefits we really want and need. SilverSummit Healthplan works with doctors we know and trust and offers ways to earn rewards for healthy activities. SilverSummit Healthplan makes the choice easy for me.

I protect my family's health. I choose SilverSummit Healthplan.

ANNCR: Visit [[ChooseSilverSummit.com](#)] [[SilverSummitHealthplan.com](#)] to learn more about SilverSummit Healthplan today. SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan.

Plan Enrollment Process Member flyer

Coverage That Covers More.

It's all part of my plan.

Choose SilverSummit Healthplan Today!

SilverSummit Healthplan offers quality healthcare for Nevada Medicaid and Nevada Check Up members. Plus, we partner with doctors you already know and trust, right where you live. This is your chance to choose or switch to SilverSummit Healthplan for you and your family.

Sign up for SilverSummit Healthplan

Copy: Make sure to choose or switch plans by the deadlines listed below:

April – June, 2019

This is the time to either choose or switch plans. Sign up for SilverSummit Healthplan to have your coverage start July 1st.

To enroll in a plan or switch plans, complete and return the form mailed to you. You should have received this form in early April. If you lost the form or did not receive one, you can request to switch by sending in a signed written letter to the following address:

Nevada Medicaid

Attn. MCO Changes

P.O. Box 30042

Reno, NV 89520

You can also call the Medicaid District Office with questions at:

Las Vegas Office: 702-668-4200

Reno Office: 775-687-1900

Our benefits include:

- **Rewards Program**
Earn rewards by completing health behaviors.
- **24/7 Nurse Advice Line**
Call to speak to a medical professional for immediate advice on health-related problems— anytime, day or night.
- **Start Smart for Your Baby®**
Take care of yourself and your baby with our special program for women who are pregnant and moms who just had a baby.
- **Over-the-Counter Pharmacy Benefits**

Receive drug therapy that is appropriate, high-quality and cost-effective. We offer a benefit of \$30 per member household, per quarter.

- **Dental Benefits**

Keep your smile bright with two dental visits (cleaning and x-ray) a year, if provided in at Federally Qualified Health Center (FQHC), for members 21 and older, and pregnant women.

- **Vision Benefits**

Protect your eyes with services such as eye exams and prescription eyewear. We offer all of our members repair or replacement of glasses once during every 12-months. Members 21 and older will get \$100 towards contact lenses in lieu of glasses when medically necessary.

To learn more please contact us at 1-844-366-2880 (TTY/TDD 1-844-804-6086)

or visit JoinSilverSummit.com

Open Enrollment Prospective Member Emails

Email 1

Subject line: Choose SilverSummit Healthplan today!

Alt. 1: Choose SilverSummit Healthplan by June 30th!

Alt. 2: Make SilverSummit Healthplan your plan!

Headline: Coverage That Covers More.

It's all part of my plan.

Copy: Open Enrollment is going on now. Choose SilverSummit Healthplan for your health insurance now through June 30, 2019.

SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan. We offer full medical care for you and your family. Our benefits also include:

- Earning dollar rewards for healthy activities
- A 24/7 nurse advice line
- Start Smart for Your Baby[®] program for pregnant and new moms
- Vision and dental benefits
- Doctors in our network you know and trust

We also offer helpful programs, tools and support. So you can stay focused on your health.

Make sure you sign up for SilverSummit Healthplan before June 30th.

To learn more about SilverSummit Healthplan coverage and benefits, visit SilverSummit Healthplan.com.

To enroll in a plan or switch plans, complete and return the form mailed to you. You should have received this form in early April. If you lost the form or did not receive one, you can request to switch by sending in a signed written letter to the following address:

Nevada Medicaid
Attn. MCO Changes
P.O. Box 30042
Reno, NV 89520

You can also call the Medicaid District Office with questions at:

- Las Vegas Office: 702-668-4200
- Reno Office: 775-687-1900

Email 2

Subject line: Choose SilverSummit Healthplan before June 30th!

Alt. 1: Enroll in SilverSummit Healthplan Today!

Alt. 2: Open Enrollment Ends June 30th!

Headline: Knowing We're Covered.

It's all part of my plan.

Copy: Sign up today before Open Enrollment ends. Make sure you choose SilverSummit Healthplan for you and your family before June 30, 2019.

SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan. We offer full medical care and benefits that include:

- Earning dollar rewards for healthy activities
- A 24/7 nurse advice line
- Start Smart for Your Baby® program for pregnant and new moms
- Vision and dental benefits
- Doctors in our network that you know and trust

SilverSummit Healthplan can help you to stay focused on your health. We offer useful programs, tools and support.

If you miss the June 30th deadline, don't worry. You still have a chance to choose SilverSummit Healthplan.

Starting on July 1st, you can still decide to switch to SilverSummit Healthplan. The deadline to switch plans is September 30th.

To learn more about SilverSummit Healthplan coverage and benefits, visit SilverSummit Healthplan.com.

To enroll in a plan or switch plans, complete and return the form mailed to you. You should have received this form in early April. If you lost the form or did not receive one, you can request to switch by sending in a signed written letter to the following address:

Nevada Medicaid
Attn. MCO Changes
P.O. Box 30042
Reno, NV 89520

You can also call the Medicaid District Office with questions at:

- Las Vegas Office: 702-668-4200
- Reno Office: 775-687-1900

[Email 3- After June 30](#)

Subject line: Switch to SilverSummit Healthplan Today!

Alt. 1: Make Your Switch to SilverSummit Healthplan Now!

Alt. 2: It's Time to Switch to SilverSummit Healthplan!

Headline: Choosing My Coverage.

It's all part of my plan.

Copy: Don't miss your chance to choose to SilverSummit Healthplan today. Now through September 30th, you can switch your health insurance to SilverSummit Healthplan.

SilverSummit Healthplan is a Nevada Medicaid and Nevada Check Up plan. We offer full medical care for you and your family. Our benefits also include:

- Earning dollar rewards for healthy activities
- A 24/7 nurse advice line
- Start Smart for Your Baby[®] program for pregnant and new moms
- Vision and dental benefits
- Doctors in our network you know and trust

We also offer other helpful programs, tools and support.

Remember, your last day to switch to SilverSummit Healthplan is September 30th. So make your choice today!

To learn more about SilverSummit Healthplan coverage and benefits, visit SilverSummit Healthplan.com.

To enroll in a plan or switch plans, complete and return the form mailed to you. You should have received this form in early April. If you lost the form or did not receive one, you can request to switch by sending in a signed written letter to the following address:

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