

Personal Best

HOPE Health Letter



Use this planner to schedule your wellness activities and customized newsletter messages.
Editorial content may change as developments warrant.

JANUARY custom text due November 4

- **Cover:** From Lifespan to Healthspan
- **Eating Smart:** Food as Medicine?
- **Fitness:** Mind-Soothing Exercises
- **Expert Advice:** What is sleep debt?
- **Safety Solutions:** 2023 Safety Primer
- **Special Report:** Pain Relief

FEBRUARY custom text due December 5

- **Cover:** Life's Essential 8
- **Eating Smart:** Snacks vs. Treats
- **Work and Life:** Anxiety About Scary News Stories
- **In the Know:** Urgent Care
- **Expert Advice:** How much sitting is too much?
- **Special Report:** Secrets of a Healthy Heart

MARCH custom text due January 5

- **Cover:** Unplug and Unwind
- **Eating Smart:** Personalized Nutrition
- **Take Charge:** Decompression 101
- **Body and Mind:** Concussion Symptoms
- **Safety Solutions:** First Aid Basics
- **Special Report:** Eating Disorders

APRIL custom text due February 6

- **Cover:** Exercise Goofs
- **Eating Smart:** Understand Your Hunger Cues
- **In the Know:** Bathroom Cabinet Dos and Don'ts
- **Work and Life:** Adult Peer Pressure
- **Expert Advice:** Inflammation tests?
- **Special Report:** Sleep Guide

MAY custom text due March 6

- **Cover:** Body Positivity
- **Eating Smart:** Just How Bad is Sugar?
- **Work and Life:** Postpartum Depression
- **Fitness:** Bicycling Benefits
- **Safety Solutions:** Medical Alert Systems
- **Special Report:** The Best Eating Plans

JUNE custom text due April 5

- **Cover:** Top Health Myths
- **Eating Smart:** Functional Foods
- **Work and Life:** Social Media and You
- **Expert Advice:** Mental health self-care tips?
- **Health in Action:** Save a Life with CPR
- **Special Report:** Medication Interactions

JULY custom text due May 5

- **Cover:** Stay Cool in Extreme Heat
- **Eating Smart:** Food — Keep or Toss?
- **Body and Mind:** Supporting People with Dyslexia
- **Expert Advice:** When to see a dermatologist?
- **Take Charge:** Expand Your Mind with Citizen Science
- **Special Report:** Simple Stretching Guide

AUGUST custom text due June 5

- **Cover:** Protect Your Medical Identity
- **Eating Smart:** The Stay Well Menu
- **Work and Life:** Assess Your Productivity
- **Take Charge:** Updated Breastfeeding Advice
- **Expert Advice:** Migraine auras?
- **Special Report:** What Your Guts Are Telling You

SEPTEMBER custom text due July 5

- **Cover:** Amp Up Your Walk
- **Eating Smart:** Cancer-Fighting Foods
- **Expert Advice:** What is cardiomyopathy?
- **Fitness:** Overcome That Exercise Plateau
- **In the Know:** Secrets of Medical Studies
- **Special Report:** Guard Against Cancer

OCTOBER custom text due August 4

- **Cover:** Medical Misinformation
- **Eating Smart:** Adult Picky Eaters
- **Expert Advice:** What is anemia?
- **Fitness:** Strength Training for Beginners
- **Safety Solutions:** Surprising Fire Starters
- **Special Report:** The Essential Guide to Cooking Oils

NOVEMBER custom text due September 5

- **Cover:** Mind Your Food Environment
- **Eating Smart:** Fat Matters
- **Take Charge:** Tally Your Screen Time
- **Expert Advice:** Flu vaccine worries?
- **Safety Solutions:** Wheelchair Safety
- **Special Report:** Prediabetes Action Plan

DECEMBER custom text due October 5

- **Cover:** Everyday Relaxation Guide
- **Eating Smart:** Maximize Exercise with Food
- **Work and Life:** The Art of Delegating
- **Safety Solutions:** Annual Safety Gift Guide
- **Take Action:** Online Pharmacies
- **Special Report:** Year-End Health Assessment

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