



Health Yourself Byte

TRAVEL SAFER . . . KEEP A SURVIVAL KIT IN YOUR CAR

If you're planning on traveling over the holidays or just looking for a gift for someone, consider this . . . no car should be without a survival kit of items that you might need in the event that you're in an accident, run out of gas, have a breakdown or get stuck. Your kit should include:

1. First-aid kit
2. Flares
3. White cloth for a distress signal
4. Flashlight with spare batteries
5. Knife or other basic tools
6. Empty gas can for purchasing gas
7. Small fire extinguisher
8. Paper and pencil
9. Blanket
10. Change for phone calls or tolls
11. Water
12. Whistle



WILL YOU BE DOWNSIZING THIS YEAR?

Thinking that it's time you lose those few extra pounds? How about joining our Corporate Weight Loss Challenge, **DOWNSIZE COLLIN COUNTY?**



Go to www.themedicalcenterofplano.com/downsizecc for contest specifics, registration forms, weigh-in schedules, nutrition/exercise information, team postings and more. **Weight loss contest starts in January 2011!**

United Healthcare has agreed to contribute \$0.10 cents per pound lost up to \$5,000.00 to the North Texas Food Bank. Get your team together and join us as we **DOWNSIZE COLLIN COUNTY!!**

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical
Center of Plano