

Living Well Tip of the Week

Many types of cancers are preventable.

Tips for Improving your Chances of Staying Cancer Free

- Eat a Healthy Diet: Eat lots of fruits & vegetables, foods high in fiber & low in fat, choose chicken, fish or beans instead of red meat, & eat plenty of complex carbohydrates.
- Exercise Regularly: Aim for at least 30 minutes of physical activity every day.
- Protect yourself from the sun: Avoid peak sun hours and always wear sunscreen.
- Maintain a healthy weight
- Drink less alcohol
- Don't use tobacco
- Get regular checkups



Did you know, The UT System's UT SELECT Health Plan covers 100% of coverage for preventive colonoscopy. For more information about this benefit, contact Blue Cross and Blue Shield of Texas Customer Service at 866-882-2034. Also, get more information at our Living Well Health Manager Cancer Prevention Center. Log onto www.webmdhealth.com/ut & select "Health Management Centers"