

Welcome to your Journey to Well newsletter.

We discuss the latest health topics, help explain how the healthcare system works and empower you to make informed decisions about your health and well-being.

To read more of our posts, visit our [Journey to Well](#) blog.

[Visit Journey to Well Blog](#)

5 Ways to Manage Prediabetes

Prediabetes affects 1 in every 3 adults in the U.S. but more than 80% of them do not know it. Finding out you have prediabetes is half the battle. In our guide, we explore ways you can prevent the condition from progressing to diabetes.



[Learn more](#)

COPD 101: An Introduction

Chronic Obstructive Pulmonary Disease (COPD) is a lung condition that affects millions worldwide. Whether you're living with COPD or supporting a loved one, we explain what you need to know about this often misunderstood condition.



[Learn more](#)

Stay Healthy by Staying Current on Your Vaccinations

Immunizations are the safest and most effective way to protect yourself and those around you from infectious diseases, like the flu. Talk to your provider if you have questions about what vaccines are right for you.



[Learn more](#)

Finding Your Balance with the Mediterranean Diet

Sometimes what you read or hear about nutrition can be confusing or hard to follow. We break down options like the Mediterranean Diet, which can be a helpful guide when making food choices.



[Learn more](#)

**Medicare Open Enrollment Period
January 1 - March 31**

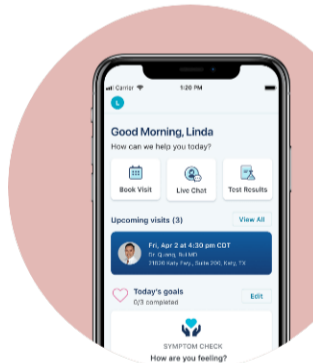
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