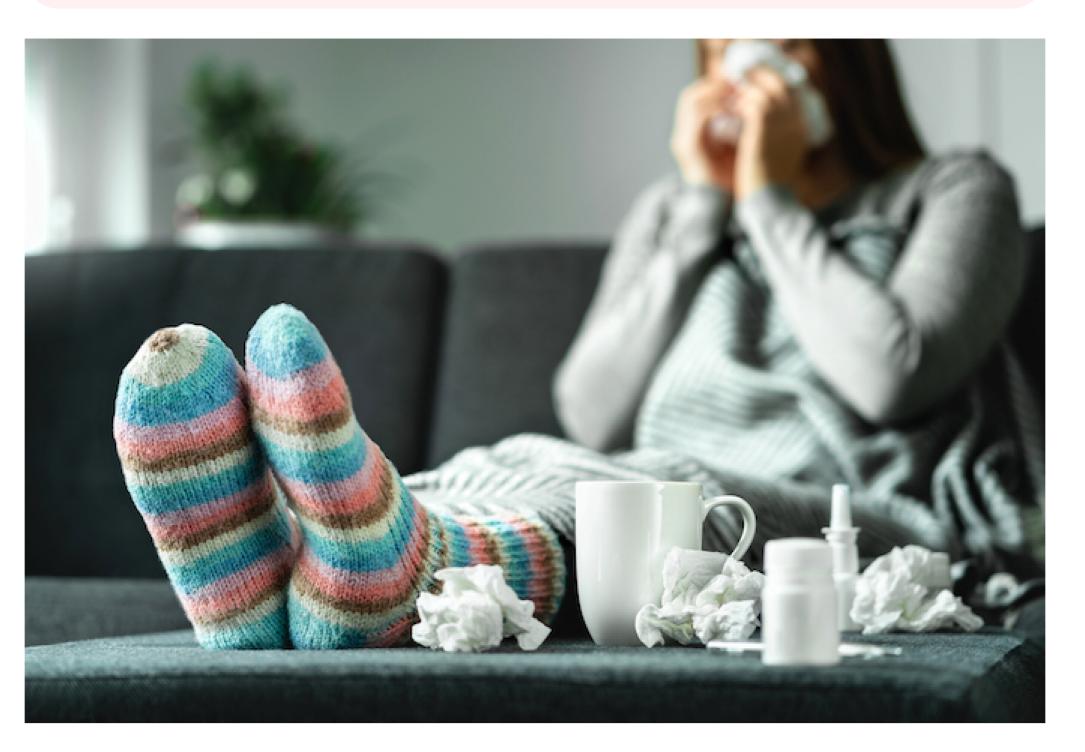
In The Know

December 2022

Season's Greetings! A Holiday Message From Our CEO Jeff Alter



Feeling under the weather? We've got you covered.

Seasonal germs came early this year — and it seems like everyone has been laid up with something. Find out how the immunity gap may contribute to the uptick in viruses and learn how to stay healthy this holiday season and beyond.





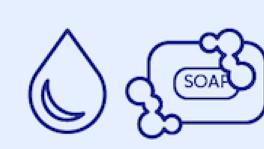


Broken bone lingo <u>Learn more</u>

Wellness Snapshot

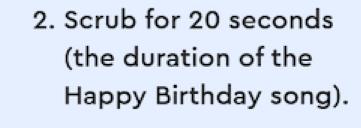
Handwashing is one of the best ways to protect yourself from germs. RSV, the flu, the common cold, and COVID-19 are all going around.

How to Properly Wash Your Hands





1. Wet your hands with clean, running water. Apply soap then lather.





3. Rinse your hands well under clean, running water.



4. Dry your hands using a clean towel or air dry them.

Resources on the go



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