Reduce your risk
Prevent cancer

Some risk factors for developing cancer, like family history, are out of your control. Focus on your day-to-day habits to help decrease your risk of developing cancer.

- Maintain a BMI of 25 or less
- Get up and move for 150 minutes a week
- Eat more fruits, vegetables and whole grains
- Limit exposure to toxic substances
- Talk to your doctor about cancer screenings

View your preventive cancer screening benefits at **sanfordhealthplan.com/wellness.**

SANFORD HEALTH PLAN

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