

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.

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