



YOU CAN NEVER KNOW TOO MUCH ABOUT YOUR HEALTH

What's a triglyceride? Why does blood pressure matter? What does COPD stand for? Why do you need a skin cancer screening? When you need answers about your health, you need them fast.

As a 2018-19 Arlington ISD Wellness Program member, you have free access to many informative articles and videos to help you gain a better understanding of your health metrics and discover new ways to improve your well-being.

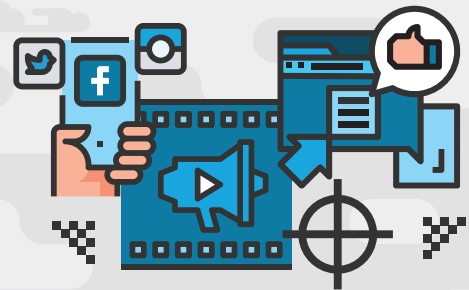
CONVENIENTLY LOCATED

Educational materials are seamlessly incorporated into **Numbers** and **Care** on www.aisdwellnessprogram.com and the SimplyWell® mobile app to provide you with relevant information where and when you need it.



FEATURED CONTENT: **ARTICLES**

Learn about your health metrics, Preventive Care exams, and more. Featured Content: Articles give you the information you need to make healthy lifestyle changes.



FEATURED CONTENT: **VIDEOS**

Quick and informative educational videos provide you with simple tips, guided information, and the support you need to make healthier decisions.

TRY IT TODAY

Log in to www.aisdwellnessprogram.com or the SimplyWell mobile app today and explore this educational content for yourself.

Questions? Call 888-848-3723.

