YOUR FUTURE STARTS WITH YOUR HEALTH TODAY

Healthy You = Healthy Future

Turning 18? It's time to take charge of your health.

Why Have a Primary Care Provider?



- Annual checkups and preventive care
- Help when you're sick or injured
- Mental health support
- Nutrition and wellness guidance
- Vaccinations and health screenings
- Answers to your health questions

Healthy Pregnancies Start Before Pregnancy

For both males and females:

- Eat healthy
- Stay active
- Take care of your mental health
- Avoid tobacco, vaping, and drugs
- See a healthcare provider regularly



Don't Wait Until You Need a Doctor

Establish care now so you have someone you trust when you need it.

YOU GOT THIS!

Small steps today lead to a stronger, healthier tomorrow.

Your Health + Your Choices + Your Future = A BETTER YOU

Healthy Start
Indian River County Healthy Start Coalition, Inc.

Take charge. Get connected. Stay healthy.

THE HEALTHY YOU CHECKLIST

Can You Check These

- [ ] I have a primary care provider
- [ ] I know my health insurance information
- [ ] I have had a wellness visit in the last year
- [ ] I know my family's health history
- [ ] I stay up to date on vaccinations
- [ ] I get regular physical activity
- [ ] I prioritize my mental health
- [ ] I get enough sleep
- [ ] I make healthy choices for my future

FOR EVERYONE

Good Health Helps You:

- Succeed in school
- Prepare for your career
- Feel your best every day
- Build healthy relationships
- Support a healthy future family



TAKE THE FIRST STEP TODAY

Ask Yourself:

- Who is my adult doctor?
- Do I know how to schedule an appointment?
- Am I taking charge of my health?

Your Future Self Will Thank You !
Healthy Today. Strong Tomorrow.

Healthy Start
Indian River County
Healthy Start Coalition, Inc.

Supporting young families. Building healthy futures.