

WELCOME to Your OCTOBER edition of PBH Online



READY TO BEGIN?

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WHAT'S THE PASSWORD?

As a reminder, your log-in information is:

username: **THOMSPEAR**

password: **19health98**

Our 'remember me' feature conveniently keeps you logged in for 35 days.

HOT TOPICS ...

Start Heart-Health Early: It's never too early to help your children learn habits that will keep them well for a lifetime.

The Power of Prevention for a Healthier Future: It's never too late to adopt healthy habits to reverse or avoid chronic illness — are you prevention-minded?

Best Calorie Burners? Learn the difference between moderate and vigorous-intensity physical activity, and how both can help you burn calories, lose weight and get fit.

Saving on Rx Drugs: Prescription medications can take a big bite out of your budget. Here's how to save money without scrimping on your health care.

Personal Best Healthlines Online Tip

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