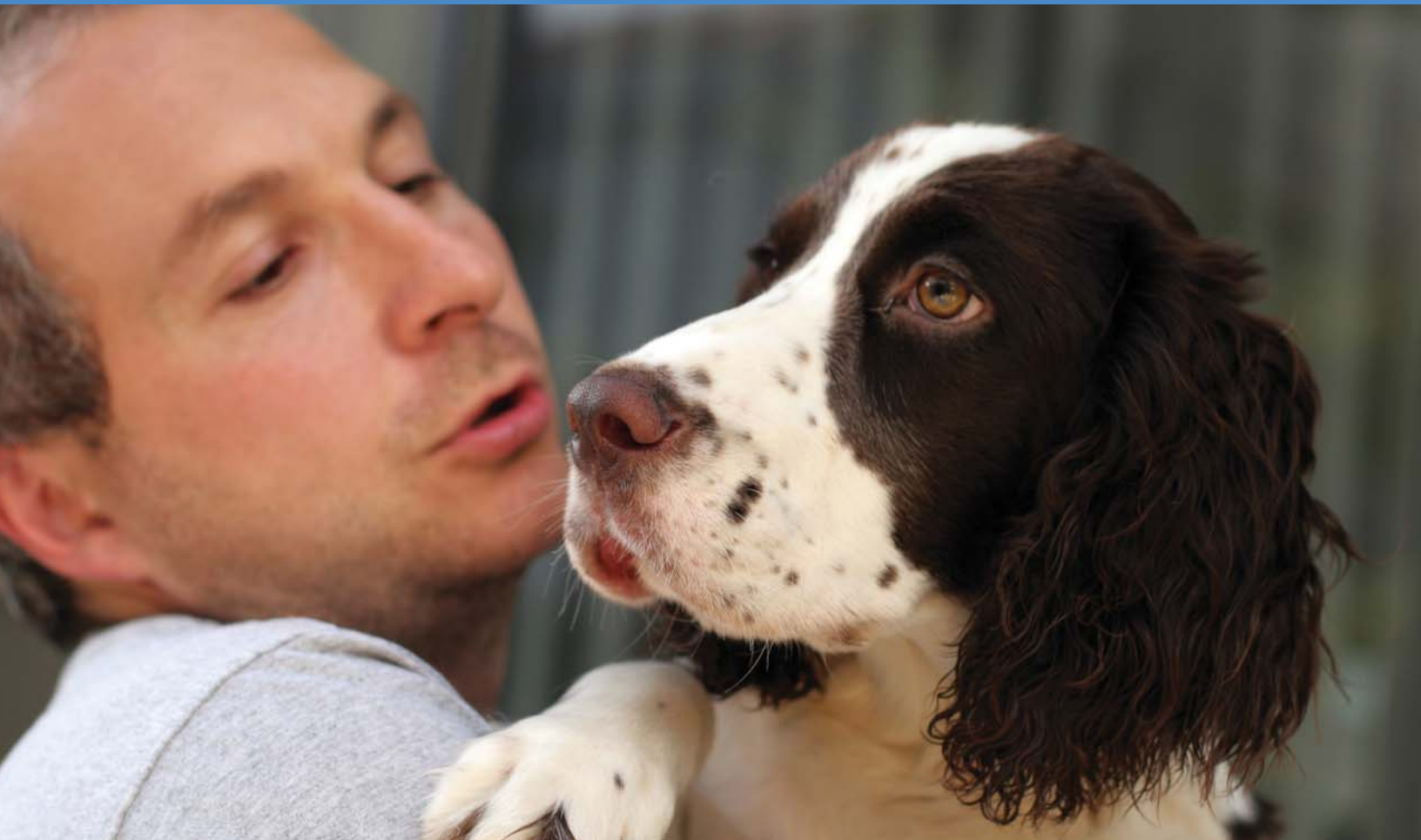


June survey results: How do you maintain your wellbeing?



We offered a long list of choices and asked you to answer this question in June. Here are the top five ways you said you keep yourselves well:

- #1. Spend time with family and friends. This choice led all other options by a wide margin. Over 60% of you picked time with family and friends as your number one means of maintaining wellness.
- #2. Eat healthy foods. This choice and the next (relax with a good book or TV) were almost tied.
- #3. Relax with a good book or TV show.
- #4. Exercise regularly.
- #5. Use weekends to unwind.

Many people chose “Other” and added personal wellness strategies that weren’t on the list. These choices included meditation, religious and spiritual activities, gardening, listening to music and taking care of pets.

Thanks to all who shared their preferred techniques. While we may each favor some methods over others, it’s clear we all value routines that help us stay hale and hearty!

All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.