



It's never too early to think about a New Year's Resolution

By JC Carrica, Chief Operating Officer

New Year's resolutions are an ancient tradition, focused on some form of self-improvement. The practice is just as relevant today as it was for the ancient Romans and Babylonians. Studies show that 46% of those who take the time to make common resolutions like weight loss, joining an exercise program, or quitting smoking, were over 10-times more likely to have a rate of success as compared to only 4% who chose not to make resolutions.

“Whatever your goal, I wish you well. Southeast Health Group is here to help you in any way we can.”

In 2017, I plan to take advantage of the free preventative services offered to me through my insurance company. Getting regular blood work will help me understand my cholesterol level, see how my thyroid is functioning, and determine if I am showing early signs of

chronic disease. I'll be getting my annual flu shot, and make sure all my other immunizations are up to date. And, yes, I might even go for the free colonoscopy, which will allow the doctor to remove polyps from my colon that could become cancerous down the road.

Is there an area of your life that could use some improvement? Perhaps you want to improve your mental well-being by thinking more positively, laughing more often, or enjoying life more. How are your finances? Would you like to get out of debt, save more money, or begin making small investments for retirement? Maybe you'd like to improve your career by performing better at your current job, getting a better job, or establishing your own business. If you're in school, you may want to focus on improving your grades, studying more often, or finding a study partner.

Whatever your goal, I wish you well. Southeast Health Group



is here to help you in any way we can. Take advantage of our comprehensive health care services, close to home. If you don't know where to begin, our professional staff can help you assess your situation and choose a place to start. We can help you make 2017 your best year yet!

To schedule an appointment, call Southeast Health Group at 1-800-511-5446, or visit www.southeasthealthgroup.org.