**WOMEN'S HEALTH**

**How to use this email:**

**Copy and paste this content into an email to support your female employees and renew their focus on health. Share these resources to help keep women's health top of mind.**

Subject Line
Keep women's health top of mind

Headline
**Health tips for women**

Body
From preventive care and disease management to pregnancy and childbirth, women have unique health care needs at all ages. And now's a great time to renew your focus on health.

Here are some tips to help you take care of your health:

- **Know your body.** Women are at higher risk of developing certain conditions and diseases than men. Find out more about considerations for women's health.
- **Access pregnancy tips and resources.** From common symptoms and tests to newborn care, get tips to help you look after yourself and your new baby at every step of the way.
- **Keep your risk factors in check.** Most women between the ages of 40 and 60 have one or more risk factors for heart disease. Learn how BMI and waist size increase your health risks.

With evidence-based treatment and comprehensive care, Kaiser Permanente helps members live longer, healthier lives. Explore these resources to make sure and take care of your health as you age.