



### **Post Template #1: Monitor**

One way I've been monitoring my health is by *insert how you track or stay aware of your health: blood sugar, A1C, blood pressure, stress, mental health, etc.*.

It's helped me *insert result: catch things early, stay consistent, feel more in control, improve energy, etc.*.

Sharing this as part of the #MapYourHealth campaign to encourage others to find ways to monitor their unique risk factors.

What's one way you monitor your health? Share your story using #MapYourHealth to help others learn from your journey.

### **Post Template #2: Adapt**

I had to make a change when I realized *insert challenge, barrier, or motivation*.

I adapted by *insert change: adjusting diet, creating a routine, building support system, using a tool or app, etc.*, and it's made a difference by *insert result: improving my health, lowering stress, gaining insight, etc.*.

Sharing this for #MapYourHealth, because small adjustments can lead to big progress.

Your experience might help someone else take their next step. Share your story with #MapYourHealth.

### **Post Template #3: Prevent**

I try to stay ahead of health issues by *insert action: scheduling regular check-ups, staying active, asking questions, avoiding high-risk habits, etc.*.

This helps me *insert benefit: reduce risk, stay independent, feel confident, support loved ones, etc.*.

Joining the #MapYourHealth campaign to share what's worked for me, and to remind others that prevention is powerful.

Have a tip or story about prevention? Post with #MapYourHealth and be part of this growing movement.