

## Health & Wellness SIMNSA

Your well-being is our priority!

At **SIMNSA Health Care**, we are committed to promoting prevention and comprehensive health care. Discover our educational tools and resources, specifically designed to support our members' health and wellness journey: *Health & Wellness Talks Calendar*.



- Scan the QR code to view the full calendar.
- Choose the events that interest you.
- Register online through the calendar page or join directly if open to the public.

### Follow Us on Social Media

Stay updated on our prevention campaigns and community events, such as:

- Preventive care services covered by your plan (checkups, screenings, vaccines)
- Weight management and nutrition tips
- Breast cancer awareness
- Cardiovascular health initiatives
- Mental health resources
- And more!



### YouTube Channel: Your Health Comes First

Watch interviews with health experts, prevention tips, and informative content covering a wide range of health topics.



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Contact Us

[www.simnsa.com](http://www.simnsa.com)