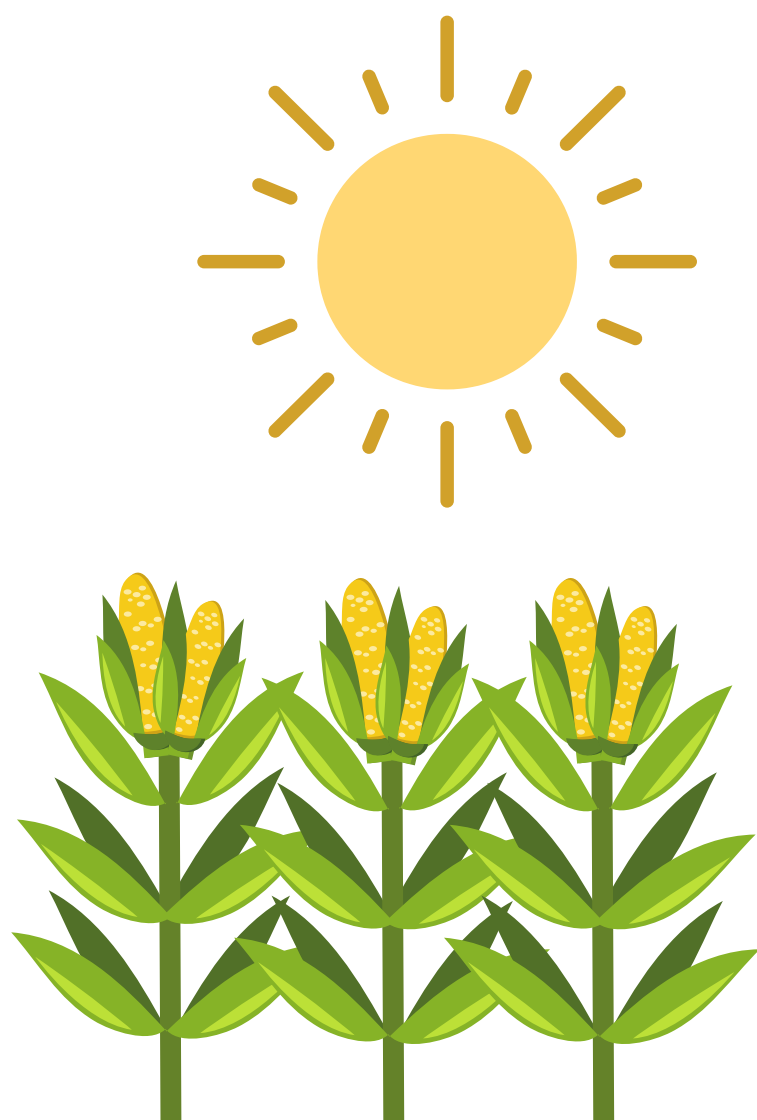
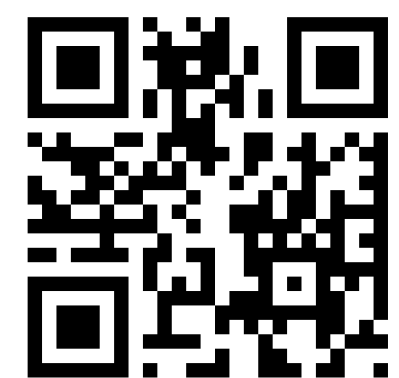
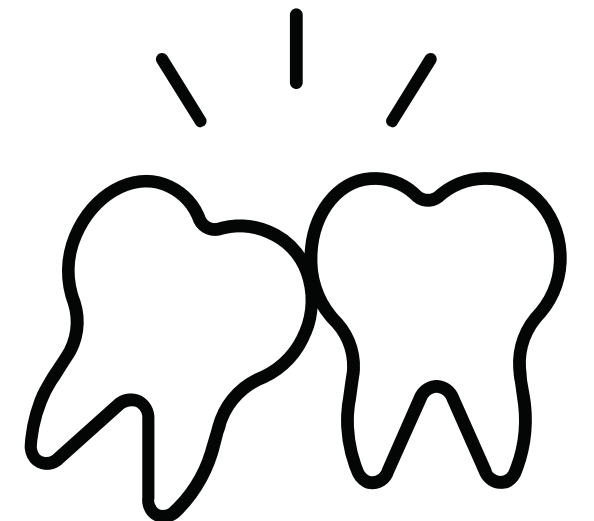
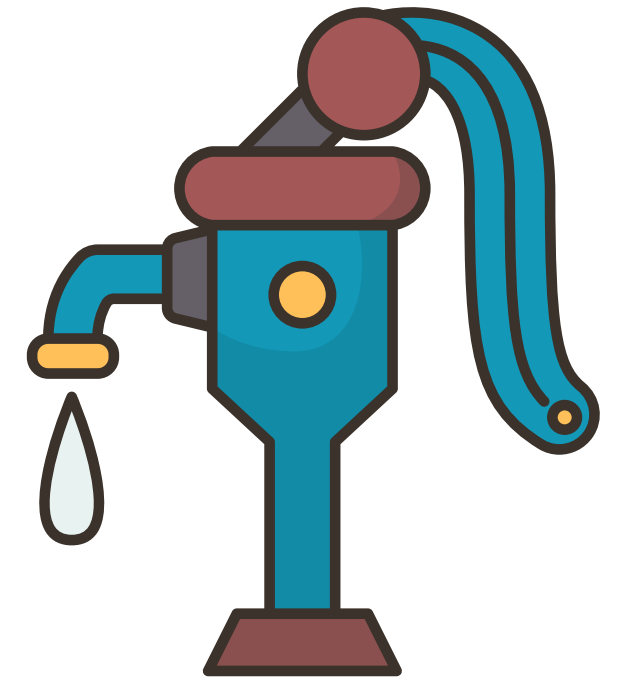


RURAL HEALTH TIPS

- IF YOU GET YOUR WATER FROM A WELL, CONTACT YOUR HEALTH DEPARTMENT FOR FREE OR LOW-COST WATER TESTING. YOUR WATER MAY NOT HAVE ENOUGH FLUORIDE IN IT. USING FLUORIDE SUPPLEMENTS MAY BE NECESSARY TO ENSURE DENTAL BENEFITS, SUCH AS PREVENTING CAVITIES.
- IF YOU FARM, SCHEDULE YOUR DOCTOR APPOINTMENTS IN THE WINTER/OFF SEASON OR ASK FOR OPENINGS ON RAINY DAYS.
- TELEHEALTH/VIRTUAL VISITS DURING BUSY TIMES OF THE YEAR CAN IMPROVE YOUR ACCESS TO CARE, KEEPING YOU HEALTHY.
- REGULAR CHECKUPS CAN SAVE LOTS OF TIME AND MONEY IN THE LONG RUN.



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