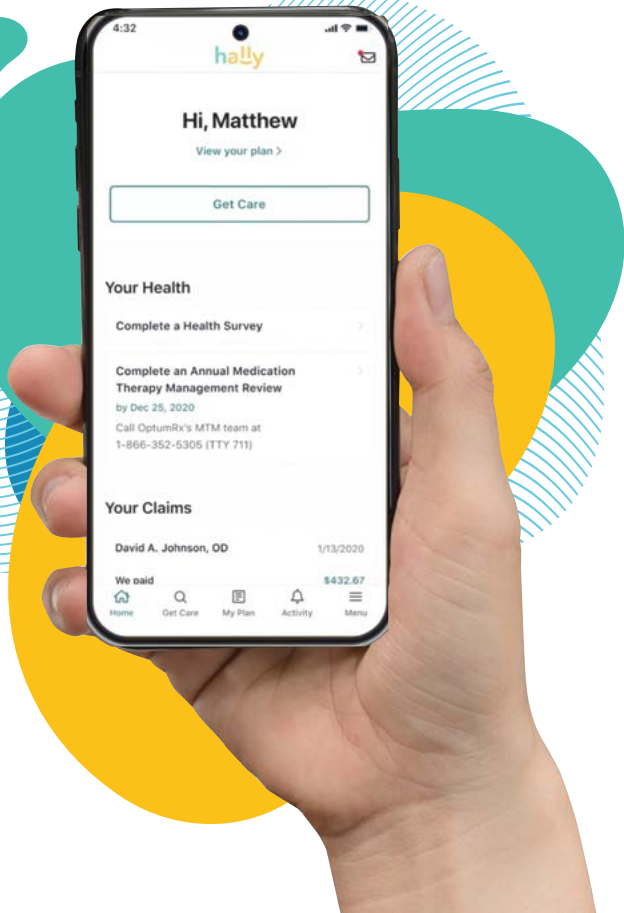


Your Health at Your Fingertips

When you're on the go, we've still got your back. With the Hally® app, check your plan, find health resources and talk with our support team whenever you want. Visit Google Play or the Apple App Store to download today!

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More Osteoporosis Resources:

Hally.com

Bone Health Tips for Women:

AmericanBoneHealth.org/women

Bone Health Tips for Men:

AmericanBonehealth.org/man-osteoporosis

Help to Quit Smoking*:

Quitnow.net

*Not all plans include coverage for Quit for Life®. Please refer to your plan documents for details.



About Osteoporosis

Assess your risk.

Use the fracture-risk assessment tool at sheffield.ac.uk/FRAX/index.aspx.

- Go to the "Calculation Tool" tab and select "North America," "U.S." and your race or ethnicity.
- Enter your information and hit "Calculate."
- You'll be given your probability of suffering a major bone fracture in the next 10 years. The higher the percentage, the more likely you are to suffer a fracture.
- Share your results with your doctor.



Strength in knowledge: What to know about bone health.

Osteoporosis is a disease that makes bones weak and more likely to fracture or break. It's often called the "silent disease" because it has no warning signs or symptoms until you break a bone. Fractures happen most often in the wrist, pelvis, hip, spine and upper arm.

You have a higher risk of osteoporosis if:

- You have a family history of osteoporosis.
- You smoke.
- You have more than two alcoholic drinks per day.
- You're a woman who went through menopause before age 45.
- You've lost about an inch in height.
- You're underweight (body mass index lower than 19).
- You have a digestive disease like Crohn's or celiac disease.

About one in two women and one in five men over age 50 will have a fracture during their life.

Worldwide, an osteoporosis fracture happens about every three seconds.



Take action.

Some risk factors are out of your control, like age, gender, race and family history. Others relate to your lifestyle. Take these steps to help lower your risk and keep your bones healthy:

- Get at least 30 minutes of exercise each day. It doesn't have to be much - talk to your doctor about an exercise plan.
- Get enough calcium and vitamin D. Talk to your doctor about ways to increase your intake.
- Don't smoke. Smoking doubles the risk of osteoporosis.
- Don't drink more than two alcoholic drinks per day.

Stop at one.

People who have fractures because of osteoporosis are twice as likely to have another break if they don't start a treatment plan. For example, one in four women who have a spine fracture will suffer another break within a year.

Make sure your first fracture is your last - if you're age 45 or older and have broken a bone, ask your doctor for a bone-density test. This will tell you and your doctor if you have osteoporosis so you can start a treatment plan.

Speak up.

Take control of your bone health, early action is important. If you've had a fracture or think you're at risk for osteoporosis, tell your doctor. Medicine and a treatment plan can lower your fracture risk up to 70%.