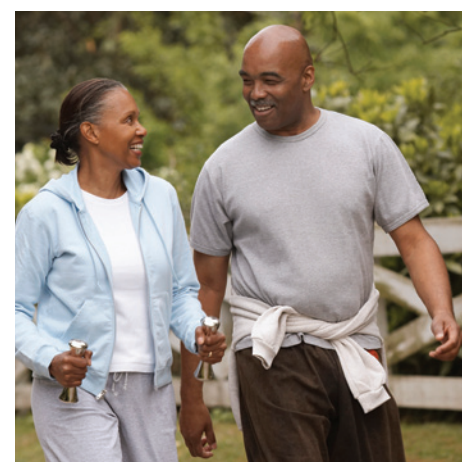
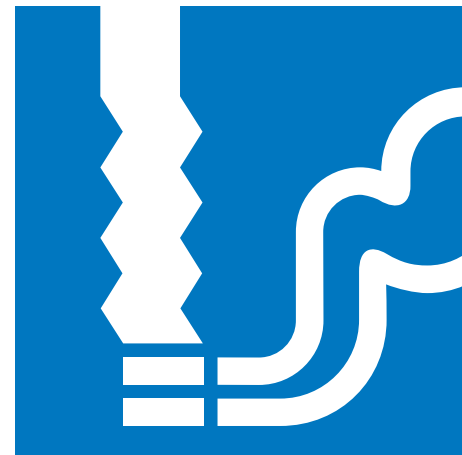


AMA Healthier Life Steps™

A physician-patient alliance for a longer, healthier life



Choose to be healthy.

Talk to your doctor about AMA Healthier Life Steps.™

Unhealthy diet, physical inactivity and use of tobacco and alcohol are behaviors that can affect your good health significantly. Your doctor wants to help you choose a healthier lifestyle and achieve your own goals for:

- Healthy eating
- Reducing risky drinking
- Quitting smoking
- Increasing physical activity

Ask your doctor how you can participate in the AMA Healthier Life Steps™ program. It will help you live a longer, healthier life.