



Healthie Challenge <#>  
Check yourself —  
and everybody else!

# Annoy your friends and family!

## Nag, bother and guilt everyone you know to end preventive procrastination!

Checkups, screenings and vaccines are really important. Important enough to badger the people you love.

Here are a few hints that can be effective.

-  **Take no prisoners** (pick them up/drop them off)
-  **Be assertive** (yell across the dinner table)
-  **Blow up their phones** (emails, texts or an actual phone call)
-  **Fake them out** (let's go for ice cream)
-  **Walk the walk** (show by example)
-  **Point out possible problems** ("You look tired Dave.")

### Now comes your Healthie Challenge:

Remember the healthie? That's a selfie of you doing something healthy. This time, we challenge you to show and tell your full-on preventive blitz:

- We'll send you tips to use for preventive pics.
- Post them on    
- Start bragging, keep nagging!

