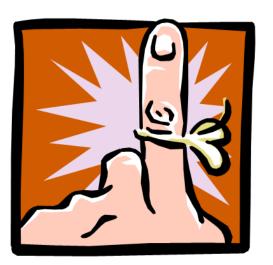
## Living Well Tip of the Week

The average American spends a full year over the course of a lifetime looking for misplaced objects. <u>Risk Factors For Memory Loss You CAN Control</u>



- ✓ Prolong Stress
- ✓ Lack of Sleep
- ✓ High Blood Pressure
- Excessive Alcohol Consumption
- ✓ Too Much Caffeine
- ✓ Cigarettes

Take the Memory Health Assessment go to the Living Well Health Manager at <u>www.webmdhealth.com/ut</u>

\*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.