



**Allied Pacific IPA**  
We Understand & We Care!

Free Virtual Health Education Event

# **CRAFTING YOUR CARE PLAN**

Take Steps to Stay Healthy at Home

Preventing illness is key during a pandemic!

Multiple meetings available in  
**October 2020**

Visit [www.alliedipa.com/CARE](http://www.alliedipa.com/CARE) for meeting dates and  
easy-to-follow instructions for how to attend this  
event from the comfort of your home.

Health is wealth! Aside from staying active, eating right, and taking your medications,  
there are more steps you can take to stay healthy.

Find out why meeting with your doctor for an Annual Wellness Visit is the first step  
to keeping your health on the right track.

**Life can get in the way, but health can't wait.**

Allied Pacific IPA cares about your health care needs,  
and we hope you will take advantage of  
all the benefits we offer.



**The program is by invitation only.**

For more information about this webinar,  
please contact AP Wellness Center at 626-943-6488.

