

Resource Guide

[January 2025]

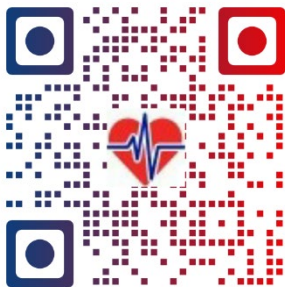
Healthy Habits with Your CMD: Introduction

Learn more about how you can proactively take care of your health and well-being by joining us for the **Health Habits with Your CMD series**. This series will consist of monthly videos that are filled with practical health tips.

Hear from **Dr. Shaan Chugh**, your Chief Medical Director, about the different steps you can take today to help you live a healthy and full life.

What you can expect to learn:

- Healthy lifestyle habits
- Prevention of chronic diseases
- Resources available to you as an employee



Learn more about health and wellbeing resources at PurolatorHealth.com

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