

Your healthiest year yet

Set yourself up for a year of wellness

Start 2026 with healthy habits that set you up for a year of wellness. No need for resolutions this year — prioritize your health with a visit to your primary care provider (PCP).

HEALTHY BEGINNINGS, MADE EASY

Simple steps for a healthier year ahead

Taking control of your health doesn't have to mean taking big steps. Just a few small actions can be all it takes to get on track and stay there. Here are three places to start on the path to proactive health.

1. Set health goals that make sense for you

Start by identifying what's most important to you — whether it's improving your nutrition, increasing your physical activity, or managing stress. When you're ready, a PCP can help make your goals a reality.

2. Make preventive care a habit

Schedule regular checkups and connect with your primary care provider to catch potential issues early. Get help understanding when and where to get essential screenings and how to get them scheduled.

3. Make the most of your Doctor On Demand® resources

Manage your care on the go with the Doctor On Demand app. Access health resources, find a PCP, and receive online advice from a diverse network of doctors, nurses, and more.

MAXIMIZE ANNUAL WELLNESS

Book your visit with a PCP

1. Open the Doctor On Demand app.
2. Select **Book primary care visit**.
3. Follow the prompts.
4. Confirm your visit.



Get started

