

Good Health is the Best Wealth



Alisha

The average managed patient

- + Blood pressure of 150/95
- + Sometimes forgets medications
- + Sometimes doesn't follow her suggested diet
- + Occasional smoker and drinker



Jasmine

The well managed patient

- + Takes prescribed medication
- + Exercises 30 minutes/day, 5 days/week
- + Moderate alcohol intake
- + Chooses healthy fats
- + Limits dietary salt
- + Quit smoking

For purpose of the case study, Alisha and Jasmine are compared in two levels of care: average managed (loosely follows physician recommendations) and well managed (fully complies with physician recommendations).

Believe it or not, staying healthy just might make you wealthy

With small lifestyle changes and healthy choices, you may reduce your annual healthcare costs and increase your income. These lifestyle changes can be as simple as limiting your salt intake or taking your prescribed medication regularly.

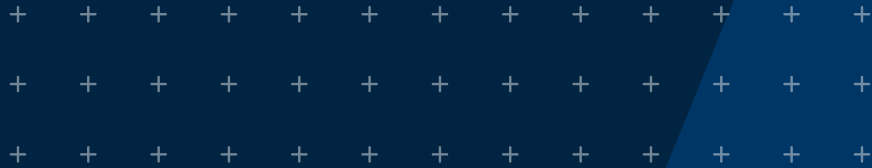
By adopting healthy habits, you can mitigate future healthcare costs. Data from HealthyCapital reveals that by simply making a few minor changes to daily routines, and reducing the risk factors leading to chronic disease, individuals could potentially add years to their lives and save thousands of dollars in lifetime medical expenses.

(See example above)

Alisha and Jasmine are both 45 years old and both sought medical treatment for high blood pressure. Alisha doesn't follow the lifestyle changes her doctor suggested, whereas Jasmine diligently follows her doctor's recommendations. With Jasmine's small changes she saves more in annual out-of-pocket healthcare expenses, therefore increasing her overall savings in medical expenses.

Questions? Contact an IMA Wealth advisor at 877.305.1864 or wealth@imacorp.com and schedule an appointment!

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For assistance with your retirement needs, contact an IMA Wealth, Inc. advisor at wealth@imacorp.com or call 877.305.1864

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CT-S-IMAW-112122

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