

Did You Know?

(NAPS)—Many people struggle with finding medical supplies and managing their own health. Better Health, a modern medical supplier, helps customers learn best practices for self-care. They offer personalized advice, product consultations, and 1:1 coaching sessions. To learn more or sign up, visit www.joinbetter.com.

Writer Aaron Tallent and Chris Cordingley host “The Loaded Goat,” a re-watch podcast of “The Andy Griffith Show,” featuring interesting tidbits about the show and takes that are both in-depth and fun for old and new generations of fans. Hear it at www.loadedgoat.net.

Health is a lifelong pursuit and more achievable when you turn healthy behaviors into habits. To help you get started, visit the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Body Weight Planner tool at www.niddk.nih.gov/bwp. Learn more at www.niddk.nih.gov.

The leading association for scientists and professionals committed to preserving and ensuring occupational and environmental health and safety in the workplace and community, AIHA, offers free resources to help homeowners after a fire. Learn more at www.aiha.org.

Doing the laundry can become an environmental movement in which the whole family can participate when you get USolve biodegradable, plastic-free, eco-laundry detergent sheets with no harmful chemicals. Learn more and get a free six-load sample, at www.USolve.co or shop USolve on Amazon.

If you're thinking of retiring early, it's a healthy idea to plan for healthcare coverage beforehand. To help, there's Get-Covered, powered by HealthMarkets, a free service that works with licensed in-



surance agents to provide guidance. To learn more, call (877) 270-0029 or visit www.getcovered.com.

For many students, learning and school excitement can be stifled by caution and worry about bullying—but it can be alleviated, says Mahsa Karimi, Manager, Education—Allied Universal security services, systems and solutions. Learn how at www.aus.com.

Tennessee has one of the lowest COVID-19 vaccination rates in the nation, but getting most people vaccinated is the best way to get back to normal, says the *We Can Do This* COVID-19 Public Education Campaign. For more information and to find a vaccine, visit www.vaccines.gov.

North Carolina has one of the lowest COVID-19 vaccination rates in the nation but getting most people vaccinated is the best way to get back to normal, says the *We Can Do This* COVID-19 Public Education Campaign. For more information and to find a vaccine, visit www.vaccines.gov.

Mississippi has one of the lowest COVID-19 vaccination rates in the nation but getting most people vaccinated is the best way to get back to normal, says the *We Can Do This* COVID-19 Public Education Campaign. For more information and to find a vaccine, visit www.vaccines.gov.