

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH

**WORKING**  
FOR A  
HEALTHIER TN

# A TIP FOR TENNESSEANS

December 20, 2016

## Are you cold weather ready?

Winter should be a fun, festive season. But low temperatures, snow and ice can range from minor inconveniences to life-threatening situations. Use these tips to help you and your family stay safe during the cold months ahead:

- Keep an eye on your local [weather forecast](#) and know what to do before, during, and after a winter storm.
- Have emergency supplies in place at home, at work, and in the car, including:
  - Flashlights
  - Extra batteries
  - Food
  - Water
  - Jumper cables
  - Blankets
  - First aid kit
  - Cell phone chargers
- Know about [cold-related illnesses](#) and how to treat them
- Check or install home smoke alarms and rehearse an [emergency exit plan](#) with your family.
- Make sure your car is [winter-ready](#) and prepare ahead with these [safe driving tips](#).



### USE YOUR RESOURCES.

Sign in to [your Well-Being Account](#) and search for recipes that can keep you warm and healthy this winter.



### QUICK LINKS

[Well-Being Account Sign In](#)  
[2016 Partnership Promise](#)  
[ParTNers for Health Website](#)



### 24/7 NURSE ADVICE LINE:

**1.888.741.3390**



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