

Celebrate National Nutrition Month!

Choose healthier food options for you and your loved ones.



Sometimes it can be difficult to make good food choices, but there are many resources that can help. For more information on healthy eating, please visit [IHS.gov/diabetes](https://www.IHS.gov/diabetes).

As a tribal member, you can enroll in the Marketplace, Medicaid, or CHIP year-round: review your coverage options to stay healthy.

For more information, contact your local Indian health care provider, visit [HealthCare.gov](https://www.HealthCare.gov), or call **1-800-318-2596**

