



Innovation & Technology

## YOUR BEST CARE DEMANDS OUR BEST IDEAS

Being included among top global innovators feels good. Improving healthcare? That feels even better.

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Health & Wellness

## WHAT HAPPENS WHEN YOU STOP WORKING OUT

Physical inactivity can impact your health after a skipped workout. By exercising when and where you can, you can help prevent those negative effects.

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Diabetes Care

## ATHLETE'S MOST-CRUCIAL GEAR: FREESTYLE LIBRE

For Elliott Fry, place-kicker for the Carolina Panthers, his equipment includes one more must-have piece: His FreeStyle Libre 14 day system.

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