

Healthy Living Starts with an Exam.

Schedule your Caterpillar Health Exam today.

Complete your exam to see if you qualify for RestoreHealth.

RestoreHealth is an individualized digital wellness program that provides a live health coach to help you reach your physical, mental, and emotional health goals. The RestoreHealth program has content in sleep, stress, exercise, and nutrition, focusing on the categories in which you need the most support. RestoreHealth will teach you how to make healthy mental, emotional, and physical changes in small, manageable steps to build resilience in your day-to-day life. **What are you waiting for? See if you qualify today!**

To schedule your Caterpillar Health Exam and learn more about RestoreHealth, contact:

Call Caterpillar Medical at **877-838-0598** or email Stacy DeJaynes at **DeJaynes_Stacy@cat.com**

