WAYS TO STAY HEALTHY

An apple a day doesn't actually keep the doctor away.[1] What does reduce your risk of uncontrolled health issues is getting routine exams and screenings. Best of all, visiting your medical, dental, and vision providers for checkups is free. That's because **in-network preventive care is covered 100% under _every_ medical plan**.

Staying on Top of Your Health

Serious conditions are much easier to treat when caught early. Here are some examples:

Annual Checkup

> Everyone at every age qualifies and needs to have their once-a-year visit!

Cancer Screenings

> Colorectal if you're age 50 or older

> Prostate if you're age 50 or older (or 40 or older if you're at higher risk)

> Breast if you're age 40 or older

Don't Forget!

With telehealth, you have 24/7 virtual access to a medical professional.

For Cigna members in Santa Clara, Crossover Health offers VIP access to a highly skilled team of physicians, nurses, specialists, and coaches who deliver complete, concierge-style healthcare services.

Learn more about NVIDIA's medical plans.

Dental Care

Think you don't need to visit the dentist? Think again. A dentist visit is more than pearly whites and cavities. Taking care of your oral health with preventive dental care can:

Reduce your risk of tooth decay, gum disease, and other more serious problems

Reduce dental problems related to chronic medical conditions like diabetes, osteoporosis, some cancers, and eating disorders[2]

Alert you to other health issues for your doctor to monitor

Did You Know...?

Your oral health and your heart are closely related.[3] Certain gum and tooth conditions may be warning signs for bacterial infections, heart valve issues, and coronary artery disease.

> Even if you think your teeth look okay, your mouth may be trying to tell you something. Routine dental care makes sure you receive that important health message.

Learn more about NVIDIA's dental plans.

[1] Healthline
[2] Cigna
[3] Mayo Clinic

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Vision Care

Just like your medical and dental health, your vision can tell you a lot more than meets the eye. Having your once-a-year exam can ensure you're able to see what's happening both around you and inside you.

Watch out for these eye issues that can signal bigger problems like undiagnosed thyroid problems, diabetes, high cholesterol, cancer, stress, alcohol misuse, and more:[1]

- Blurred vision
- Bulging eyes
- Eye twitches
- Yellow whites of your eyes
- Ring around your cornea

Have You Heard about This?

Your vision coverage includes hearing aid discounts.

> Learn more about NVIDIA's vision coverage.

Mental Health

Taking care of your mental health is extremely important, and it's nothing to shy away from.

1 in 5 U.S. adults experience mental illness[2]

94% of CEOs receive mental health support[3]

At NVIDIA, we have Mental Health resources:

- Employee Assistance Program [EAP]
- Rethink – Support for Parents and Employees
- Care@Work through Care.com
- Access to Stanford Corporate Partners
- Coverage through your health insurance provider

Financial Wellness

Your financial health needs a checkup, too. Check out About Your Money to familiarize yourself with what's available, including:

- 401(k)
- Employee Stock Purchase Plan
- Financial concierge services
- Day Care Flexible Spending Account
- Home loans and refinancing
- Personal loans
- Paying for college
- Auto and home insurance
- And more!

Take Care of Yourself

NVIDIA provides coverage designed to take care of you and your loved ones—and we want you to use it! Your health and all aspects of it are important. Take the time you need to schedule routine checkups, and stay on top of your health.

For More Information

Visit the NVIDIA Benefits site to learn more.

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[1] WebMD, Medically Reviewed by Whitney Seltman, OD
[2] National Alliance on Mental Illness
[3] The State of Employee Mental Health in 2021, Ginger Report

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