



Health: Small Steps, Smarter Choices

A practical starting point for everyday wellness and wiser health spending

Build routines and skills that support better-informed choices.

SHAD EDDIE MONGRUE

Free preview edition · pages 1–2

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Health Starts With Small Steps

Health choices show up in your routines, plans, and budget. This shelf helps you learn useful basics without asking you to change everything at once.

- ◆ In 2023, 76.4% of US adults—more than 194 million people—reported at least one of 12 selected chronic conditions¹.
- ◆ Among young adults, multiple chronic conditions rose from 21.8% to 27.1% between 2013 and 2023¹.
- ◆ About 3 in 10 adults reported sleeping less than 7 hours on average in a 24-hour period².
- ◆ Health knowledge helps you frame questions and notice which everyday routines deserve attention.

Health is part of daily life, from routines to appointments and household spending. Health patterns affect people in different ways, and your needs and circumstances shape what makes sense for you. This book offers general education, not personal medical or financial advice. You will begin by noticing what is already working and choosing one question to explore. Next, take a quick wellness snapshot you can use as a starting point.

INSIDE THIS BOOK

Start with a short wellness check-in, make health information easier to use, and try a simple plan. You will also preview guides to affordable eating, energy and sleep, and medical bills.

02

Take Your First Snapshot

Take a short wellness snapshot today. It can help you notice what is working and choose one area you want to understand better.

- ◆ Choose a quiet spot and open a blank notebook page or a private digital document.
- ◆ List routines you want to review, such as meals, movement, sleep, or appointments.
- ◆ Write one question about your health or care costs without trying to answer it yet.
- ◆ Circle one routine that feels realistic to pay attention to this week.
- ◆ Add a small next step, such as preparing a question for a health professional.

Keep the exercise brief and focused. You are not grading yourself; you are turning a vague concern into something you can consider. Keep personal notes somewhere private and easy for you to find. If you already have a question for a health professional, add it to your snapshot so it is ready when you need it. Next, learn a few simple ideas for making health information more useful.

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You've read the free pages. Here's what the rest of this book covers:

3 Make Health Ideas Useful

4 Try a Weeklong Plan

5 Build Skills That Travel

6 Keep Your Progress Going

BY THE END OF THIS SHELF, YOU WILL

- ◆ A simple way to notice everyday routines
- ◆ Practice turning concerns into clear questions
- ◆ A useful starting point for reviewing health costs
- ◆ Ideas for habits that fit your circumstances
- ◆ A foundation for exploring food, sleep, energy, and medical spending

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Sources for the free pages

Every statistic in this book is numbered and links to the page it came from. Each one was checked word for word against its source in October 2026. Figures can change as sources update. This book is for education and is not personal financial, legal, medical or professional advice.

- 1 **Preventing Chronic Disease**, Trends in Multiple Chronic Conditions Among US Adults, By Life Stage, Behavioral Risk Factor Surveillance System, 2013–2023 (2023). https://www.cdc.gov/pcd/issues/2025/24_0539.htm
- 2 **National Center for Health Statistics (CDC)**, New Data on How Americans Sleep (2024). <https://www.cdc.gov/nchs/blog/posts/2026/04/new-data-on-how-americans-sleep.html>