

# HOW TO NAVIGATE LIFE & HEALTH AS A FIRST-TIME COLLEGE STUDENT

Stay on top of your health with these key practices and convenient testing from Any Lab Test Now®.



## 1. ESTABLISH A ROUTINE:



GET REGULAR **SLEEP, EXERCISE, AND MAINTAIN A BALANCED DIET.**

Visit Any Lab Test Now® for the **ANNUAL CHECK-UP PANEL** to monitor your overall health.

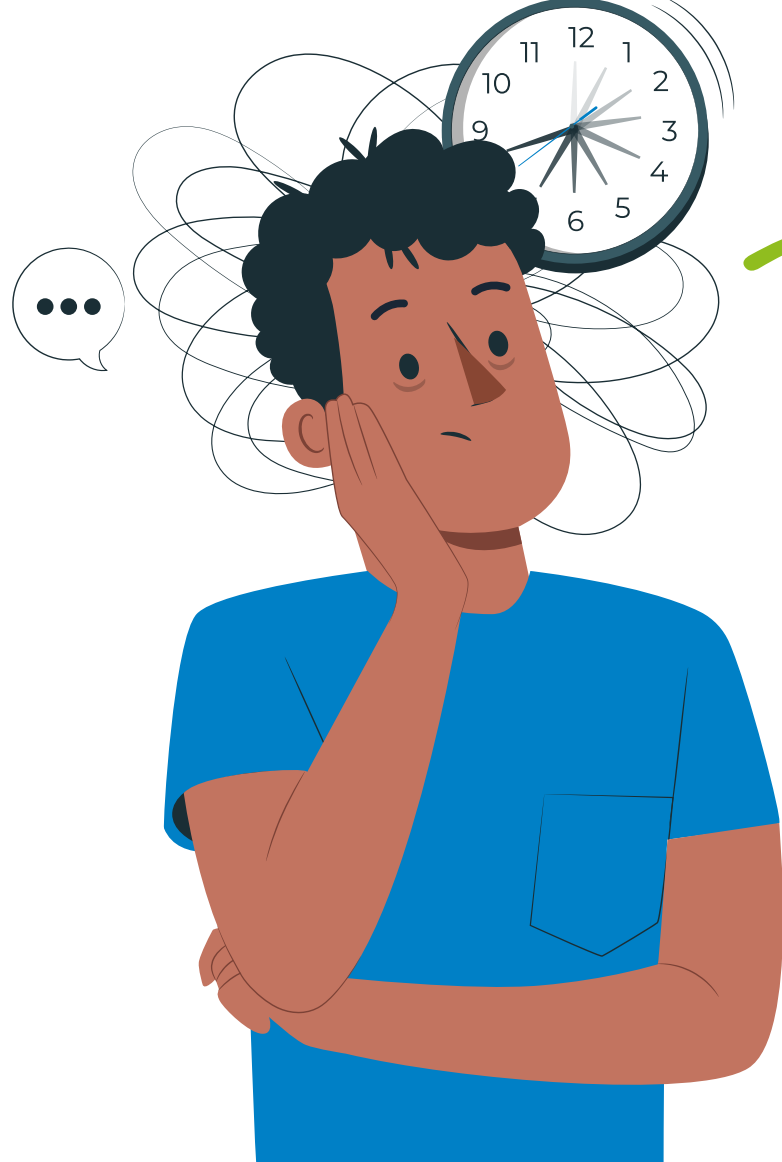
## 2. STI/STD TESTING:

STAY ON TOP OF YOUR **SEXUAL HEALTH** BY GETTING REGULAR **STD TESTING.**

Any Lab Test Now® offers a variety of comprehensive and confidential screenings to ensure your peace of mind.



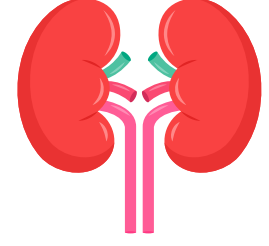
## 3. STRESS MANAGEMENT:



**COLLEGE LIFE CAN BE STRESSFUL** LEARN HOW TO MANAGE STRESS THROUGH

**MINDFULNESS** **EXERCISE** **RELAXATION TECHNIQUES**

Monitor your **cortisol** (the hormone released by the adrenal gland in response to stress) levels



with the **Cortisol Test** available at Any Lab Test Now®

## 4. NUTRITION:

LEARN ABOUT YOUR BODY'S **SPECIFIC NUTRITIONAL REQUIREMENTS.**

If you are unsure if you are meeting those requirements for optimal health, **CONSIDER OUR BASIC NUTRITIONAL PANEL FOR ANSWERS.**



## 5. SUBSTANCE USE AWARENESS:



UNDERSTAND THE RISKS OF **SUBSTANCE USE AND ADDICTION** ON CAMPUS AND SEEK SUPPORT IF NECESSARY.

If you're ever concerned about possible substance abuse, Any Lab Test Now® provides confidential drug and alcohol testing services.

We even have options for if you are unsure what you may have taken/been provided.

## 6. VACCINATIONS AND TITERS:

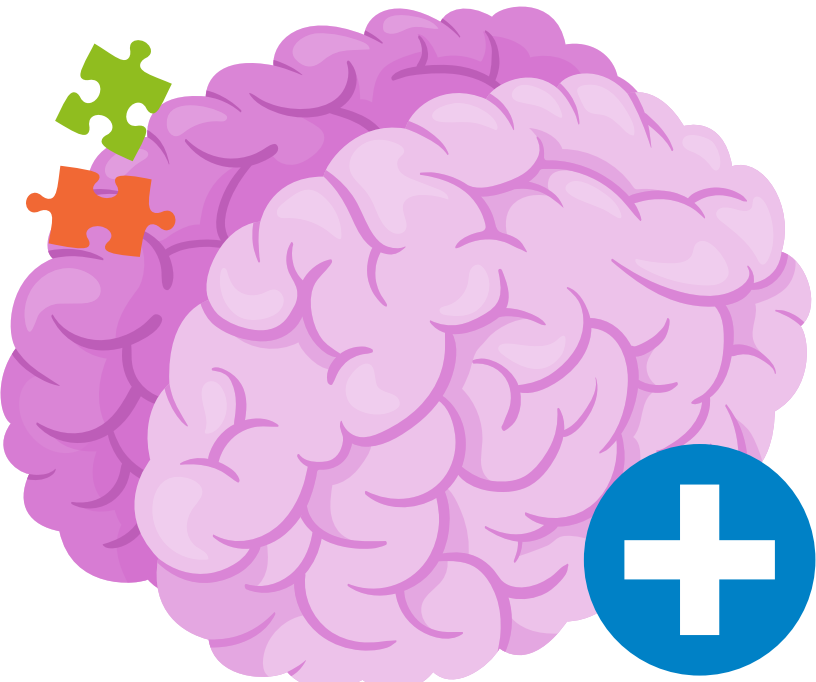
**STAY UP-TO-DATE ON REQUIRED VACCINATIONS**

and speak with a healthcare professional about **any additional recommended shots.**

**TITERS TESTS (MMR, VARICELLA, RABIES, HEPATITIS A, B, AND C)** are available at Any Lab Test Now® for academic or clinical program requirements.



## 7. MENTAL HEALTH:



**PAY ATTENTION TO YOUR MENTAL HEALTH** and seek support if needed

**REACH OUT TO COLLEGE COUNSELING SERVICES** or other mental health resources available on campus

**Take control of your health** and remember that Any Lab Test Now® offers transparent pricing, quick service, and confidential testing options during your college journey. **Remember, no doctor's order is needed.**

Call now to schedule an appointment at a location near you.  
**ANY LAB TEST NOW® — TAKE CONTROL OF YOUR HEALTH™**

