

7 Steps to Help Your Pet Live a Long, Healthy Life

Put **YOUR** pet on the right path with these common-sense steps

1

Keep your pet slim & trim.

More than half of U.S. pets are overweight or obese, which can lead to illnesses like arthritis and diabetes. Make **portion control** a priority and reward your pet with extra cuddles vs. extra treats.

3

Pick houseplants with care.

Plants add welcome greenery to a home, but certain plants aren't pet safe. Lilies, philodendrons, asparagus ferns, jade plants and others can be **toxic** if eaten by pets.

6

Treat your pet like a pet.

Pets are family but they aren't people. They should primarily eat foods that are **formulated for them** and not nosh on "people" food—even if they beg. The same goes for **avoiding human medicines**, which can be harmful.

2

Invest in well pet visits.

Regular check-ups help your veterinarian detect **health changes** you might miss. Annual visits also help you stay on top of your pet's **medication refills** and life-saving **vaccinations**.

4

Clip on a leash.

Daily exercise is good for your pet's joints and helps with **weight control**. Meanwhile, staying **leashed on walks** helps keep your four-legged friends safe and out of the ER.

5

Say yes to the tests.

Routine blood and fecal tests help your veterinarian **diagnose and treat** parasites like heartworms and intestinal worms and conditions like kidney and thyroid disease early—before serious damage takes place.

7

Make prevention a priority.

Heartworms, fleas, ticks and intestinal worms can cause serious—even deadly—disease. Be sure to give your pets their **parasite prevention medications** on time, every time and never skip a dose.

