



Rethink Your Drink!

Did you know? Drinking enough water every day is important for your overall health. Not only does drinking enough water prevent dehydration, which is a condition that can cause unclear thinking, mood change, the body to overheat, constipation, and kidney stones, water also helps your body:

- Keep a normal temperature
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements



Water is your body's principal chemical component and makes up about **50% to 70% of your body weight**. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly.



Getting enough water every day is even more important when you are active and when it gets hot outside. **Keep a refillable water bottle** with you and refill it throughout the day.



Fluids can come from water, other drinks, and foods. About **20% of your daily intake of fluids comes from food** and the rest from drinks.

Water is the best source as it is sugar- and caffeine-free. Add cucumber, lemon, lime, or berries to your water if you want some flavor.



The average healthy **adult needs 12-16 cups (96-128 ounces) of fluids each day!** You are getting enough if you rarely feel thirsty and your urine is colorless or light yellow.



Sources: CDC: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY: 1-800-662-1220)。

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