

2 GET REGULAR CHECKUPS.

One reason Massachusetts is the number-two state for wellness: 92 percent of its residents have health insurance. Being covered is required by law there, and experts know insured women are more likely to see a doctor for checkups. Luckily there are low-cost ways to get these health services whether you're insured or not. When Boston lawyer Katie Milton, 32, was temporarily without coverage, she went to Planned Parenthood for Paps and birth control: "And I just found out I can get some prescriptions at Target for \$10 for a three-month supply!" Find affordable care near you at findahealthcenter.hrsa.gov.

3 STRAP ON YOUR SEAT BELT—EVERY

TIME. In third-place Hawaii, a whopping 98 percent of people use their safety belts, versus 82 percent nationwide. That move has a big impact: Only around 8 out of 100,000 Hawaiians were in fatal car accidents last year—that's 32 percent fewer than the national average.

4 SAIL THROUGH PREGNANCY SMOOTHLY.

Iowa ranks number four partly because of the high number of women who get prenatal care. "Those first few weeks are important in having a healthy baby and diagnosing conditions like high blood pressure or dia-

betes in the mom," says Des Moines ob-gyn Perry Osborn, D.O.

5 DUMP THE CIGARETTES.

Lower-than-average smoking rates helped put New Hampshire in fifth place. Just 19 percent of people living there puff, compared with 28 percent in Kentucky, for example. The state has free quit lines and counseling, and a relatively hefty \$1 tax on each pack of cigarettes sold there. "I love that there's no smoking in bars or restaurants," says Sarah Hinnendael Stearns, 29, who lives in Gilmanton. "No one I know smokes." To get free help quitting no matter where you live, go to becomeanex.org. —Gina Roberts-Grey

Eat...more!

Thanksgiving Edition



◀ YOU CAN HAVE THIS

1 cup mashed potatoes with 2 tsp. butter and 2 tbsp. gravy
330 calories,
18 grams fat

OR ALL THIS ▶

3 oz. turkey breast with 2 tbsp. gravy,
1½ cups green beans with 1 tbsp. slivered almonds and 1 cup roasted baby potatoes
330 calories,
8 grams fat



SO REMEMBER: Mashed potatoes are often made with butter and cream. You could have a whole plate of leftovers instead! (Tack on a slice of pumpkin pie and it's still a healthy dinner.) —Marissa Lippert, R.D.