Did You Know?

(NAPS)—The Parkinson's Foundation has out¬lined simple, achievable steps people with Parkinson's disease can take before, during and between healthcare appointments to be a part of their own care and get the most from the visit. Learn more at Parkinson.org/OptimizingCare and 1-800-4PD-INFO (473-4636).

The Intracept Procedure is a minimally invasive, FDA-cleared way to treat a kind of backache called chronic, vertebrogenic pain. It uses targeted radiofrequency energy to stop the basivertebral nerve from carrying pain signals to the brain. Learn more at www.Pain.com.

Postal inspectors want to help you and all USPS customers stay safe during National Consumer Protection Week (NCPW), March 1-7, 2026, and throughout the year. For information on fraud prevention, visit www.uspis.gov.

This spring and summer you can be ready for some beautiful backyarding if you heed advice from the experts at the Outdoor Power Equipment Institute at opei.org.

While most people think of parks as just scenery, they are also a silent powerhouse of public health, says the TurfMutt Foundation, which advocates for outdoor living and the care and stewardship of our yards and parks. Visit TurfMutt.com to find the tools, tips and inspiration to create your own personal park.

AI is increasingly influencing real-life and business decisions, and when you're making important choices, confidence and trust matter. CollectivIQ takes out the guesswork by providing



transparency across models. Learn more at www.collectiviq.ai.

Before you fire up your outdoor power equipment, take a few minutes to get knowledgeable about it. A little prep goes a long way, advise the experts at the Outdoor Power Equipment Institute. Learn more at www.opei.org.

In-Home Health Evaluations (IHEs) offered by Signify Health are a valuable health service to ensure that people are getting the care, screening and follow-up support they need. You can check your eligibility for a no-cost IHE at **HelloSignify.com** or call **1-855-984-5121.**

It's great to have a home generator on hand when the power goes out, but it's good to use it with safety in mind. For example, set it up away from your home. Never put it in the house, garage or carport, or near an open door or window. Learn more at OPEI.org.

Because HVAC systems move air throughout the entire home, regular inspection and proper maintenance from qualified professionals such as the members of the National Air Duct Cleaners Association (NADCA), should be part of your healthy home checklist. Learn more at www.BreathingClean.com.