



GoHealth employees share their health-focused New Year's resolutions

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If you're like many GoHealth employees, you attempt to think of New Year's resolutions each year around this time. The New Year means new life improvements, right?

But coming up with those potential life improvements can be more difficult than you might think. Will upping your workout from two days to three really make that much of a difference in your life? Would it be more productive to resolve to drink more water, or what about reaching out to an old friend to reconnect?

Since there are so many to choose from, we decided to help you out. Below are New Year's resolutions a few GoHealth employees plan to tackle starting in 2016.

"Hit the gym at least three days a week and spend more time traveling with my family and friends." – Samantha

"My new year's resolution is to train and be able to run a full marathon by the end of the year." – Joe

"My New Year's resolution is to eat healthier by choosing to eat less red meat and fewer saturated fats. We all need to watch our cholesterol and blood pressure!" – Mark

"For the month of January, I am going vegetarian! I do not plan on being a vegetarian long-term, but I am excited to see what I learn about the benefits (for myself and the environment) of living a meat-free life for a month!" – Lauren

"Buy less frozen food and plan my meals around using fresh ingredients." – Erica

About GoHealth:

As a leading health insurance marketplace, GoHealth's mission is to improve access to healthcare in America. Enrolling in a health insurance plan can be confusing for customers, and the seemingly small differences between plans can lead to significant out-of-pocket costs or lack of access to critical medicines and even providers. GoHealth combines cutting-edge technology, data science and deep industry expertise to match customers with the healthcare policy and carrier that is best for them. Since its inception, GoHealth has enrolled millions of people in Medicare and individual and family plans.