



## **Two Ways to Follow BestHealth on Pinterest!**

### **MOBILE APP**

- Open inHealth app or portal
- From sidebar, click BestHealth
- Scroll down and click Pinterest Icon
- Click red follow button in top right corner

### **PINTEREST ACCOUNT**

- Log into your Pinterest Account
- Search Baptist Memorial Health Care
- Click Boards
- Tap BestHealth and click follow button in top right corner

---

Follow for new recipes & wellness tips!  
For more information contact BestHealth at  
**BestHealth@bmhcc.org or 901-227-BEST (2378)**