Smart tips for using medications safely

Taking medications the right way is important, particularly when prescribed a new medication, in order to avoid taking too little, too much, or possibly combining it with the wrong drugs. Remembering to use medications wisely is especially important when you’re away from your home base with different routines and schedules. Here are tips to help you avoid a medication mishap, no matter where you are.

Find out more
Taking pictures to chronicle your life and adventures is a great way to create cherished memories. Capturing these moments helps to remember the feelings they evoke. In the digital age we live in, it has become increasingly easy to take pictures and videos and share them with our family, friends and followers. However, this convenience also has come at a cost—we often forget to take into consideration simple forms of respect and actually experiencing the moment!

As social restrictions lift, many kids may be soon returning to classrooms and in-person activities. But they’re still likely to be spending plenty of time online, visiting social networking sites, chat rooms, virtual worlds, and blogs, or playing games or browsing the internet. It’s more important than ever that parents be aware of what their kids are doing online and help them navigate the cyber world safely.

Find out more

National Immunization Awareness Month
The CDC provides comprehensive information about recommended vaccinations and schedules for adults, children, pregnant women, travelers as well as up-to-date information about the COVID-19 vaccination. Visit: https://www.cdc.gov/vaccines/schedules/parents-adults/resources-adults.html

866.695.8622
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answers@healthadvocate.com

24/7 Support
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