Stay Strong and Steady This Season

The challenges posed by the ongoing pandemic have caused much lifestyle stress for all of us. It can be a natural response to be stuck in the blues, what some have dubbed "languishing." However, it’s vital to be resilient, connected and hopeful, using strategies to help you stay in the flow of life and weather the changes.

Find out more

Small Steps, Big Results

The desire to “be healthy” is a common goal many of us share. Yet that can mean different
things depending on how you define “healthy,” your current health status and conditions you may be coping with, plus your lifestyle and environment. The first part of your journey is understanding what “your healthy” is. From there you can determine small steps that will add up to big results.

As the pandemic continues and restrictions vary, your workplace may allow you to work at home either on an ongoing or periodic basis. Working remotely can bring definite perks as well drawbacks, including isolation, lack of an established clock in/clock out time, and a multitude of distractions that can contribute to burnout. These tips can help you stay disciplined, motivated and producing at your peak.

Find out more

Domestic Violence Awareness Month
No person should be subjected to the fear, shame, and humiliation that an abusive relationship produces. If you or a loved one need help, contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) 24/7 Or call 911.

866.695.8622
Visit Your Member Site answers@healthadvocate.com

24/7 Support
Don’t forget to visit your Health Advocate member website for information, tools, tips and more!

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