Finding joy in the holidays

Holiday celebrations that normally involve gathering together with family and friends may not look the same this year, given the current situation with the COVID-19 pandemic and social restrictions. However, with some modifications, you can still honor holiday traditions, find joy, and experience a sense of connectedness. Try these suggestions to help make the holidays positive and meaningful.

Find out more >>

Staying well through winter

Winter is coming, and it is shaping up to be

Be resilient this season

For many people, the holidays can be stressful even in normal circumstances. The
much different from usual! In addition to the
typical winter health challenges, like cold and
flu, winterizing your workout routine, holiday
preparations and the stress that comes along
with the end of the year, we also have to
navigate COVID-19. Have no fear; Health
Advocate is here with tips to help you stay well
through winter!

Learn how >>

Diabetes Awareness Month

Over 34.2 million US adults have diabetes, and 1 in 4 of them don’t know they
have it. Get the facts on risk factors, prevention and more.

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