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Keys to Adopting Healthy Habits

With daily life turned upside down for so many months, you may be eager to trade any bad habits you've picked up for healthier ones. One place to start is to have a checkup with your healthcare practitioner. Learning that your blood pressure is elevated, for instance, could help you kick start better lifestyle habits. Here are some more suggestions.

[Find out more](#)



Well-Being Tips that Matter Most



Are You Sabotaging Your Health?

These days we're constantly inundated with news and tips about improving our health. While some of these stories have merit, there is also a lot of noise out there that can create confusion about "what it means to be healthy." We're here to help reduce some of that confusion by sharing six tips that matter most in the pursuit of overall health and well-being.

[Find out more](#)

Without knowing it, we all do things that stand in the way of achieving a better level of well-being. Here are some ideas to help turn things around.

[Find out more](#)



National Blood Donor Month

This year as COVID-19 cases continue, blood is needed every two seconds in the U.S. to help patients battling injury and illness. As COVID-19 cases continue to rise, The Red Cross is collecting convalescent plasma from those recovered from COVID-19 to help others going through COVID-19 treatment. They are also collecting plasma from whole blood donations from those who tested positive for COVID-19 antibodies. If you have recovered from COVID-19, giving a blood donation could be lifesaving. Find out more: RedCrossBlood.org



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