

Please forward to your employees



[Spanish](#) | [View Email in Browser](#) | [Contact Us](#) | [Member Website](#)

## Sleep: The best tonic for well-being

Sleeping too little, too much, or barely at all? Sleep problems have surged thanks to pandemic-related factors like disrupted routines, too much screen time, and dissolving boundaries between work and home life. Whatever the reason, not getting the recommended 7 to 9 hours of quality sleep can set you up for obesity, diabetes, heart disease, depression and other physical and mental problems. The good news: You can start regulating your sleep now to reap the benefits of solid sleep for better well-being.

[Find out more](#)



**Mind-body habits to**



**Is your diet keeping you**

## navigate challenges

If the pandemic has taught us anything, it's that life is full of speedbumps, upsetting our everyday routines, jobs, vacation plans and more—often stopping us in our tracks. However, cultivating positive habits—both in thought and action—can help you overcome many of life's disappointments and stoke the confidence, focus and energy to get through tough situations.

[Find out more](#)

## up at night?

We all know sleep is important and necessary, yet we don't often think about how our habits while we're awake influence our quality of sleep. Many things can prevent you from getting a good night's sleep, including your eating habits! These tips may help you determine if your diet is keeping you up at night and what you can do to fix it.

[Find out more](#)

## Nutrition Month



Erratic mealtimes, filling up on snack foods or the latest diet trend can derail you from eating healthfully. This month is a great time to reset and focus on having a well-rounded diet—the key to both good nutrition and better well-being. And, it doesn't have to be complicated, time-consuming or boring! Click here to learn simple ways to help your whole family eat healthier.



**866.695.8622**

Visit Your Member Site  
[answers@healthadvocate.com](mailto:answers@healthadvocate.com)

## 24/7 Support

Don't forget to visit your Health Advocate member website for information, tools, tips and more!



We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

This email was sent by:  
Health Advocate  
3043 Walton Rd.  
Plymouth Meeting, PA  
19462 US

[Go here](#) to leave this mailing list or [modify your email profile](#).  
We respect your right to privacy. [View our policy](#).