



HealthAdvocate™

# member newsletter

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

## Prime yourself for a healthy fall

The days are getting shorter, darker, and, depending on where you live, the air is getting chillier and drier—all conditions that can affect your health in a number of ways. Read on to find easy tips to help you stay healthy this fall.

[Find out more >>](#)



## Curb digital distractions and make real-time connections

Continually checking your email, texting, surfing the web or playing online games can be as destructive as other types of addictions like substance abuse or gambling. The brain can become conditioned to the need for the instant gratification that technology offers. A digital preoccupation can become unhealthy if



## Brighten your meals

It is common knowledge that eating fruits and vegetables is good for your health. But did you know that you can get greater nutritional benefit by eating a variety of colors? The differences in color of fruits and vegetables are caused by nutrients that influence their pigmentation. Read on for tips to help you strive to brighten your meals by incorporating a rainbow of fruits and vegetables.

it starts affecting your real-life relationships, making you miss out on meaningful connections. Read on for tips to curb your digital use and make real-time connections.

[Read now >>](#)

[Learn how >>](#)



## September is Fruits and Veggies More Matters Month

Read: Find out about how many fruits and vegetables YOU need, according to the Centers for Disease Control and Prevention.

[Click here >>](#)



**866.695.8622**

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

Download the app today



**24/7 Support**

Visit your Health Advocate member website for information, tools and tips!

[Click here](#) for our award-winning healthcare blog



**HealthAdvocate™**

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.](#)