How to make the most of your doctor visits

Have you ever walked out of a doctor's office and forgot to ask a question about a symptom you've been having, or brought home a new medication and couldn't remember if you were supposed to take it with a meal? A little preparation before your next visit can help you ensure you're getting the most out of your doctor visits, and ensure you're being an active participant in your health - saving you time, money and worry. You can get more from your doctor visits by following these tips.

Find out more >>

Strengthen your resilience through self-care

What have you done to take care of yourself today? When asked this question, most people have to think long and hard prior to answering. Family, work and other obligations may cause you to put your needs behind everyone else's.

Build communication skills; improve social connections

Whether you want to improve your connection with your spouse, kids, boss, coworkers, friends, family or neighbors, using positive communication skills can build greater respect, improve teamwork and problem-solving, and
You may find this often leaves you stressed, overwhelmed and exhausted. Putting others before yourself is a threat to resilience, well-being and even your overall health. Practicing self-care is one of the fundamentals of resilience.

While everyone practices self-care differently, the general meaning of this term includes any activities that you intentionally perform to benefit your physical, mental and emotional well-being. Try some of the activities below to practice self-care!

Learn how >>

Immunization Month
Read: In honor of National Immunization month make sure you and your family are caught up on your vaccinations.

866.695.8622
Visit Your Member Site
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

We're not an insurance company. West’s Health Advocate Solutions is not a direct healthcare 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.