



HealthAdvocate™ member newsletter

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Have a Chronic Condition? Use Your Medications Wisely

If, like millions of people, you are being treated for diabetes, high cholesterol, asthma, depression or another ongoing condition, it's vital to keep on top of your medications-especially if you take more than one. If you're getting a new prescription, be sure and let your doctor know of all other medications you take, including over-the-counter medications and supplements. **Here are good rules to follow:**

[Find out more >>](#)



Strive for 5 fruits and veggies every day self-care

Fruits and vegetables are the foundation of a healthy diet-they provide you with essential vitamins, minerals and fiber. In fact, they should make up half your plate at each meal.



Important self-care tips for caregivers

While caring for a friend or family member who needs long-term help can be rewarding, it can also be overwhelming. Caring for a loved one can take a lot of time and energy, which means it's critical that you take good care of

While fruit and vegetable recommendations vary based on age, the general rule of thumb is for adults to eat at least 5 servings each day. However, according to the Centers for Disease Control and Prevention (CDC), only 1 in 10 adults eats enough fruits or vegetables. Ensuring you're eating enough fruits and vegetables can help reduce the risk of chronic diseases such as heart disease and type 2 diabetes as well as obesity. Try these tips to help add more fruit and veggie servings to your day!

[Learn how >>](#)

yourself. Many caregivers are so busy doing what has to be done for their loved one that they often put their own needs last on the list of priorities and don't make time for themselves. Taking care of yourself is crucial in order to maintain balance and stay healthy, which will help you provide the care your loved one needs.

[Read now >>](#)



Fruits and Vegetables More Matters Month

Read: Top 10 Reasons to Eat More Fruits and Vegetables

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