Be kind and improve your health!

You may already know that expressing kindness makes you feel good and boosts your self-esteem. However, it can also directly lower your blood pressure and cortisol, the stress hormone—and even help you be healthier and live longer. Read on for a few suggestions for offering simple kindnesses (safely) to help lift someone else’s—as well as your own—spirits…something especially needed during these challenging times!

Find out more >>

Simple steps to lower your risk of chronic diseases

Each year millions of Americans are diagnosed with preventable chronic conditions. While genetics plays a large role in the risk for chronic diseases, there are simple steps you can take to help reduce your risks and help

Make connections more meaningful

These days, many of us are cut off from friends and family or drained from stress when we do get to interact. Try these suggestions to help bring back some of the joyfulness you may be missing from your interactions and a stronger sense of connectedness.
Diabetes Awareness Month

Over 34.2 million US adults have diabetes, and 1 in 4 of them don't know they have it. Get the facts on risk factors, prevention and more. https://www.cdc.gov/diabetes/basics/diabetes.html

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