

Caring for you in all ways. Always.™



Adopt simple healthy habits

Kick-start the new year and aim for lasting results by incorporating these simple healthy habits into your routine.

- **Follow this rule at each meal:** Make half your plate fruits and vegetables, one quarter protein, and one quarter grains.
- **Take ten to tidy up!** You'll be amazed how much you can accomplish in ten minutes.
- **Drink water whenever possible;** it helps you stay hydrated and is sugar- and calorie-free!
- **Take your lunch and breaks.** They can keep you fresh, focused, and clear-headed to do your best work.
- **Detach from your devices.** Focus on what's happening in the moment.
- **Always keep moving.** Exercise and spend more time on your feet than seated.

Building healthy habits like these can help you restore a sense of well-being and protect your health.

Make your resolution SMART

New year, new goals! Meeting and keeping goals requires small manageable steps. Set goals that are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely. Approaching your goals in this way helps to create lasting lifestyle changes.

Be a hero—donate blood!

January is National Blood Donor month. In the U.S., someone needs a blood transfusion every two seconds, creating an ongoing need for donations. By having a supply ready, healthcare providers can have access to blood when they need it.

Expert help, delivered with heart

Health Advocate is here to help you and your family with any health or well-being issues.

We're here 24/7

Get the support you need, right when you need it, so you can have peace of mind.



Tune in to our free webinar of the month: Staying Healthy As You Age

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