

# Caring for you in all ways. Always. <sup>SM</sup>



## 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.



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