Caring for you in all ways. Always.℠

The benefits of single-tasking

Single-tasking, which means focusing on one issue or task at a time until it is completed, has many benefits. These include:

- **Save time** – Finish tasks faster by working on just one at a time.

- **Avoid mistakes** – You are less likely to make mistakes when you focus on one task at a time.

- **Reduce stress** – Jumping between projects can increase anxiety and stress because you're juggling too much without letting any fall.

- **Improve creativity** – By shifting your focus to one task at a time, you are more likely to notice things going on around you and think more creatively.

Make single-tasking a daily habit to increase your productivity, better manage your time, feel good about your performance, and increase your problem-solving and creative abilities.

Keep up with dental care

Make sure you and your family regularly get proper preventive dental care. Many routine problems like cavities and abscesses can be prevented by regular dental checkups and cleanings.

Focus on heart health this month

February is Heart Health Month. Aim to increase healthy habits that protect your heart heart, like being physically active and eating healthy foods, while limiting or avoiding behaviors like sitting too much or eating high-sodium foods.

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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