



HealthAdvocate™

member
newsletter

How to set achievable New Year's resolutions

There is no better time than the start of a new year to make resolutions to reset any unhealthy habits and make a plan of action to improve your mental, physical and financial well-being. Have you set your resolution yet? If not, try these tips to help you choose your resolution wisely!

[Find out more >>](#)



18 tips to improve your well-being in 2018!

Looking to be happy and healthy this year? Start the New Year off on the right foot with these 18 easy tips to help you improve your well-being.

[Find out more >>](#)



Maintain good credit for financial wellness

Kicking off the new year by getting your credit in shape is a great way to improve financial wellness, one of the cornerstones of reducing stress and maintaining a healthy well-being.

[Find out more >>](#)



Cervical Health Awareness Month

Learn the basics about cervical cancer, including what causes cervical cancer, how it is diagnosed, and how it can be prevented.

[Find out more >>](#)



HEALTH ASSOCIATES®
25th ANNIVERSARY

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