



HealthAdvocate™  
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newsletter

## How to make the most of your doctor visits

Have you ever walked out of a doctor's office and forgot to ask a question about a symptom you've been having, or brought home a new medication and couldn't remember if you were supposed to take it with a meal? A little preparation before your next visit can help you ensure you're getting the most out of your doctor visits, and ensure you're being an active participant in your health - saving you time, money and worry. You can get more from your doctor visits by following these tips.

[Find out more >>](#)



## Strengthen your resilience through self-care

What have you done to take care of yourself today? When asked this question, most people have to think long and hard prior to answering. Family, work and other obligations may cause you to put your needs behind everyone else's. You may find this often leaves you stressed, overwhelmed and exhausted. Putting others before yourself is a threat to resilience, well-being and even your overall health. Practicing self-care is one of the fundamentals of resilience.

While everyone practices self-care differently, the general meaning of this term includes any activities that you intentionally perform to benefit your physical, mental and emotional well-being. Try some of the activities below to practice self-care!

[Learn how >>](#)



## Build communication skills; improve social connections

Whether you want to improve your connection with your spouse, kids, boss, coworkers, friends, family or neighbors, using positive communication skills can build greater respect, improve teamwork and problem-solving, and support your overall social and emotional health. Especially in situations where differing viewpoints may surface, using good communication skills requires more than just getting your point across—it's about being a good listener, managing your emotions, asserting yourself in a respectful way and paying attention to nonverbal communication. Try putting these basic skills into practice.

[Read now >>](#)



## Immunization Month

Read: In honor of National Immunization month make sure you and your family are caught up on your vaccinations.

[Click here >>](#)



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