



HealthAdvocate™

member newsletter

How to get—and stay—heart-healthy

Did you know that about half of the U.S. population has at least one key risk factor for heart disease? In honor of American Heart Month, make time to think about your heart's health and learn more about how to get, and stay, heart-healthy.

[Find out more >>](#)



The impact of stress on your heart

Although more research is needed to determine exactly how stress can impact your risk for heart disease, one thing is certain: it may affect behaviors that increase your risk factors, such as drinking alcohol, overeating, or smoking cigarettes to manage stress.

[Read now >>](#)



Strengthen your resilience

When life throws you a curveball, do you roll over or rise to the challenge? Strengthening your resilience enables you to better bounce back from setbacks, adapt to change and apply a "never give up attitude" to help you function at your peak no matter what.

[Learn how >>](#)



Heart Health Awareness Month

Learn about important heart health prevention and treatment from the American Heart Association.

[Click here >>](#)



800.832.8302

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24/7 Support

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