



HealthAdvocate™
member
newsletter

Your To-Do List for a Healthy 2019

The kick-off to a new year is a great time to take stock of your health and benefits to ensure that you get the care you need to stay healthy. Read on to learn about adding simple but important items to your to-do list this month for a healthy new year.

[Find out more >>](#)



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Start the New Year SMART

Looking to improve your health in 2019? Breaking down your goals into smaller SMART goals can be the difference between aspirations and realizations. SMART goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely. Adopting behaviors in this manner helps to create lasting lifestyle changes! Read on to learn tips to help you set SMART goals for 2019.

[Learn how >>](#)



Make Time for What Matters Most

Many of us are so busy multitasking, keeping up with social obligations and other details of daily life, that we haven't paused to determine if these activities actually have real meaning for us. Now's the time to make small changes that will allow you to focus more on the things that truly matter to you. Read on to learn ways to help you begin living a more meaningful life.

[Read now >>](#)



Cervical Health Awareness Month

Read: Information about cervical cancer risks, how to lower them, and important screening tests from the Centers for Disease Control.

[Click here >>](#)



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