



HealthAdvocate™
member
newsletter

How to keep safe from medical mistakes

Medical errors—from surgery mistakes to misdiagnosis to medication mix-ups—are the third leading cause of death in the U.S. Providers and hospitals are working to address this complex problem. But there are things you can do to help make sure you get the right care and stay safe. Taking an active role in your healthcare and communicating with your doctors can lead to better results, quality, safety and satisfaction.

[Find out more >>](#)



Healthy food, healthy weight

Food fuels your body and helps it function. Eating nutritious foods may help your body function more efficiently, prevent chronic disease and help you feel more energized. Eating healthy is one of the best things you can do for your health! Try these easy methods to modify your eating habits to ensure you're filling up on healthy foods.

[Read now >>](#)



How to overcome burnout

Feeling frustrated or cynical about your job? Does every day feel like an uphill trudge? These are signs of burnout—the exhaustion, frustration and lack of motivation from the ongoing stress of having too many demands and too little resources. Dealing with burnout early can help you avoid long-term harm to your health, happiness, and job performance.

[Learn how >>](#)

Nutrition Awareness Month



Learn about important nutrition tips for eating less sugar and more healthier foods.

[Click here >>](#)



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