



## Dealing with a difficult diagnosis

Receiving a serious diagnosis can trigger a range of intense emotions from utter disbelief or anger to sheer terror. And when your mind is flooded with shocking news, it's difficult to fully absorb and comprehend the initial conversation with your doctor about the disease and treatment options. But whatever your reaction, it's important to know ways to cope with this personal crisis and the actions that can help you move forward.

[Find out more >>](#)



## Get fit, stay fit!

Whether you're looking to start a new exercise routine or trying to keep your current one consistent, it can be hard to stay motivated when working around your day-to-day schedule. Read on to better understand the benefits of getting regular exercise and get helpful tips on how to keep moving no matter how busy your schedule is.

[Read now >>](#)

## Money management

Shaping up your finances—whether for that dream vacation, a new home or to pay off debt—is much like getting in physical shape: You need to stick with a plan. Start by following the basic rules of budgeting to help you create balance between your obligations, goals and splurges. Follow these tried-and-true rules and smart tips for financial fitness!

[Learn how >>](#)



### Employee Health & Fitness Month

**Read:** Turn everyday activities into calorie burning exercises

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