Keep Stress in Check for a Healthy Heart

Enduring chronic stress, no matter what the source, not only harms your mental well-being but can cause physical changes that can increase your blood cholesterol and blood pressure, key risk factors for heart disease. Ongoing stress can also lead to unhealthy coping behaviors that can increase the risk of heart disease, such as drinking alcohol, overeating, or smoking cigarettes. Read on to learn how to lower the effects of stress for a healthier heart and greater well-being.

Find out more >>

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Be Heart-Healthy-Start Exercising

You've likely heard it many times before, and it's true: Exercise is one of the best things you can do to improve the strength and efficiency of your heart. In fact, regular exercise may help reduce your risk of heart disease by half! Read on to learn why exercise is important to the health of your heart.

Learn how >>

Get Serious about Planning for Retirement

Worried about not having enough money for retirement? It's a major source of stress for a growing number of people of all ages. However, educating yourself about how much you will need to fund a comfortable retirement and taking even small steps to grow your nest egg now can help lower your stress level considerably. Read on to discover ways to start taking control of your financial future.

Read now >>

Heart Health Month

Read: Learn about your risk for heart disease and the many steps you can take now to help protect your heart.

Click here >>

24/7 Support

Visit your Health Advocate member website for information, tools and tips