



HealthAdvocate™

member
newsletter

Vacation safely: Be prepared to avoid mishaps

Whether your vacation plans include a back-roads camping trip or flying to an international destination, experiencing even a minor health mishap can ruin your well-deserved time off! Read on to find out how you can safeguard your health to help ensure a more enjoyable vacation experience.

[Find out more >>](#)



800.832.8302

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How to stay cool (and safe!) during the warmer weather

As the days get warmer, it becomes increasingly important to stay hydrated and keep your body cool. Whether you are spending a leisurely day at the beach or going for a run outdoors, you should make sure that you are taking the proper steps to prevent dehydration and overheating. Read on to learn how you can stay hydrated.

[Learn how >>](#)



Mindfulness: A practice to enjoy life more right now

Getting caught up in the busyness of life can leave you feeling distracted, anxious, disconnected and generally discontent. Your work, relationships, sleep and well-being can suffer. Using simple mindfulness techniques offers a convenient way to focus on the present moment, helping you cope better with everyday stress and improving overall well-being. Read on to find out how mindfulness can lead to a happier, healthier, more productive life.

[Read now >>](#)



National Safety Month

Read: Five tips to make your home safer, provided by the Centers for Disease Control and Prevention.

[Click here >>](#)



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