



## Take care of yourself all year round!



No matter what is going on in your life, make taking care of your physical and mental health a priority. These tips can help you be better equipped to handle the challenges of life:

**Get regular check-ups.** Ensure that you are up-to-date on your important tests and immunizations and be sure to review your medications.

**Drink more water and get enough sleep.** Staying hydrated does wonders for your health. It increases energy, clears skin and even improves sleep. When you get enough sleep, you'll be more focused and productive during the day.

**Schedule (and take!) mini “breaks” just for you.** Even a few minutes can give you a boost. Video chat with a friend, take a bath or meditate—anything that helps you relax.

**Build a support team.** It's important to have a network of family and friends you can turn to in stressful times.

**Express gratitude.** Write down three things you are thankful for each day. Showing gratitude will help you stay more present throughout the day... and keep the positives you already have in your life front and center.

**Get moving.** Even light exercise is great for your physical and mental health and will help boost your energy and moods. Walk the dog, dance to your favorite music, stand up and stretch—any activity that gets you up and about.

### Our Personal Health Advocates can help with:

- Finding doctors, scheduling appointments
- Answering questions about your diagnosis, tests, medications
- Clarifying health insurance coverage
- Resolving billing and claims issues
- Assisting with medication issues
- ... and MUCH more!

Services are confidential, offered at no cost to you and cover you, your spouse, dependent children, parents and parents-in-law.



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