



Access timely tips to **keep** you healthy



Nothing is more important than your health. As part of your Health Advocate services, we offer a wide range of resources to help you get the tips and information you need to improve your health, understand your benefits and become a better healthcare consumer. Through our member website, mobile app and blog, you can learn about virtually any health and benefits topic. Explore these great resources today!

Interact with Health Advocate, no matter where you are

Through our member website and mobile app, you can see, learn and interact in real time with all of your Health Advocate services to get the right help at the right time. **Plus, you can:**

- Learn how to save money on your healthcare expenses
- Connect instantly to live support
- Access articles on a variety of health-related topics

Visit your member website today!
HealthAdvocate.com/members

Get even more tips from the Health Advocate Blog

Health Advocate's Blog is a trusted source of health and wellness information. You'll find articles about nutrition, exercise, work/life balance, insurance/benefits and more! **It can help you:**

- Turn your wellness goals into healthy lifestyle changes
- Improve your health and increase your well-being
- Become an informed healthcare consumer and get the most from your benefits

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