



## How to avoid costly medical bills

Medical billing errors are common and can be costly if they aren't caught. According to medical experts, 40 to 80 percent of medical bills contain errors, and Kaiser Health News estimates that nearly \$68 billion in healthcare spending is lost due to billing mistakes each year. Follow these important tips!

[Find out more >>](#)



## Be good to yourself

Does your regular routine leave you feeling stressed out at the end of each day? Life is full of stressors, big and small, and if not properly managed it can affect you physically as well as emotionally, causing potential health issues like headaches, insomnia or, in severe cases, even a heart attack. Try these useful solutions to help you better handle stressful moments.

[Read now >>](#)



## Strengthening families

With tight schedules, calendars bursting with activities, and technology competing for our "real life" connections, it's easy for families to feel somewhat fragmented. It's never too early or too late to establish routines that foster communication and build mutual respect and appreciation. This helps strengthen bonds and foster family identity, togetherness and a solid sense of belonging.

[Learn how >>](#)



### Stress Awareness Month

Read: Top 5 Things You Should Know About Stress from the National Institute of Mental Health.

[Click here >>](#)



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