



Cheers to good health

Last year was challenging, and we all could use a little TLC. So we've designed this issue of [UMR's Healthy You magazine](#) to help you take better care of yourself in 2021.

You'll find fresh ideas for meeting your wellness goals, whether that means losing weight, paying closer attention to your physical and mental health, or even learning how to understand your health care claims.

Watch your inbox to find out about future issues and additional resources to help you stay in touch with *Healthy You*.



ARTICLE

Set goals that are too small to fail

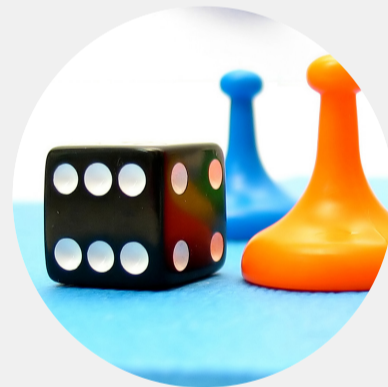
If this is the year you're determined to keep your resolutions, mini habits may be the game-changer you've been missing.

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ARTICLE

7 happiness-boosting activities

Battling the winter blahs? Try these fun activities to lift your spirits and improve your mood.



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