

# Healthy Hydration



Grab your water bottle...

# Drink up with Healthy Hydration!

Challenge begins:

**Join the challenge today!**

Visit [HealthAdvocate.com/](https://HealthAdvocate.com/)

- Click on Healthy Hydration from your To Do List
- Click Join
- Start tracking your water intake on the Wellness website



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/](https://HealthAdvocate.com/)

**Download the app today!**



**HealthAdvocate<sup>SM</sup>**