



THE SCIENCE BEHIND HEALTHY HABITS

Good habits create good health. But it often can be hard to get new habits up and running. What if we told you there are science-backed ways to create healthy habits — and make them stick long-term?

We break down how to do just that, including how to stack habits and create SMART goals. Hint: Focus on actions. Long-term success is possible when you set manageable goals that turn into life-changing health routines.

[GET STARTED](#)

A POWERLIFTER OVERCOMES THE WEIGHT OF DIABETES STIGMA

Nathan Zenero chose Abbott’s FreeStyle Libre 3 system to manage his diabetes. Now, the father of three is sharing his story to help lift stigma.



[READ MORE](#)

BE A ‘GOAL GETTER’ FOR YOUR HEALTH

Want to make your New Year’s resolutions last? Change your mindset in these three ways.



[READ MORE](#)

HACK YOUR HEALTH HEALTH TECH AT CES

How are you going to get and stay healthy this year? With health tech that gives you more — not just information, but the power to [take action](#). At the Consumer Electronics Show this year, we showcased technology designed to do just that. And it's just the beginning.



A FEW MORE BEFORE WE GO

- [Biowearables: The Next Evolution of Health Tech](#)
- [Abbott Receives New National Coverage Determination for CardioMEMS from the Centers for Medicare & Medicaid Services \(CMS\)](#)
- [A Brighter Future for Employees with Student Loans](#)



You are receiving this email because you have subscribed to monthly notifications from www.abbott.com. To update your subscription preferences, please follow the links below.

[MANAGE PREFERENCES](#) | [UNSUBSCRIBE](#) | [PRIVACY POLICY](#) | [CONTACT](#) | [SUBSCRIBE](#) | [TERMS & CONDITIONS](#)

©2025 Abbott. All Rights Reserved.

Unless otherwise specified, all product and service names appearing in this Newsletter are trademarks owned by or licensed to Abbott, its subsidiaries or affiliates. No use of any Abbott trademark, trade name or trade dress in this newsletter may be made without the prior written authorization of Abbott, except to identify the product or services of the company.

Abbott | 100 Abbott Park Road | Abbott Park, IL 60044 | (224) 667-6100