



THE SCIENCE BEHIND HEALTHY HABITS

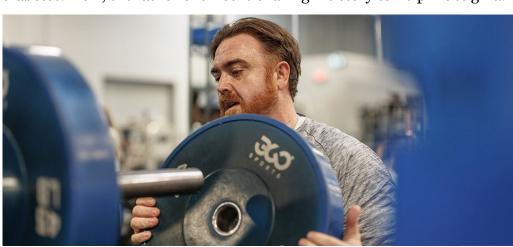
Good habits create good health. But it often can be hard to get new habits up and running. What if we told you there are science-backed ways to create healthy habits — and make them stick long-term?

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.



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BE A 'GOAL GETTER' FOR YOUR HEALTH

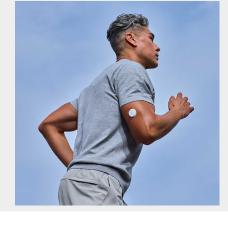
Want to make your New Year's resolutions last? Change your mindset in these three ways.



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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

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