



Black History Month is celebrated annually in February to acknowledge the achievements, contributions and struggles of Black and African Americans in the United States. Celebrate this important month with help from the tips below.

- **Support** Black and African American-owned brands and businesses
- **Educate** yourself about Black and African American history
- **Read** about historical and contemporary contributions made by Black and African Americans
- **Attend events** in your community celebrating this important month
- **Support** policies, new ventures, and organizations that promote and protect the freedom and civil rights of everyone
- **Listen** to Black artists, watch Black shows and movies, and read books written by Black authors
- **Deepen your understanding** of Black history, issues and more with the help of the following resources:

[National Association for the Advancement of Colored People \(NAACP\)](#)
History Explained: <https://naacp.org/find-resources/history-explained>

[National Museum of African American History and Culture](#)
North Star - A Digital Journey of African American History:
<https://nmaahc.si.edu/learn/digital-learning/north-star>

[The Library of Congress](#)
Black History Month: <https://blackhistorymonth.gov/>

Getting trusted information and care is crucial to address the chronic conditions prevalent among Black and African Americans. Health Advocate recognizes the inequities for many Black and African Americans in accessing proper healthcare, resulting from barriers including economic inequality, racism, and mistrust of the healthcare system. **Connect with us to get the help and information you need.**

We're here when you need us most

Health Advocate is committed to embracing diversity, equity and inclusion as we provide personalized support to improve your health and well-being.



866.695.8622

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members

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