

# 5 Habits for a Healthier Relationship



Even the happiest couples have their challenges. What counts are the things they do every day to remind their partners how much they care. While there's no magic formula, these five habits will help you maintain a long and lasting bond with your partner.

- 1. Check in with each other.** Drop a text or an email during the day just to say hello and stay connected when you're apart.
- 2. Give each other compliments.** Gratitude and appreciation are like air and water to a thriving relationship.
- 3. Act generously instead of keeping score.** Let little things go as much as possible. Try to see your partner's intentions as part of their actions.
- 4. Speak up.** Talk openly about thoughts, feelings and challenges. If you can talk about it, you can manage it.
- 5. Stay in the habit of saying "thank you" and "I love you."** Words matter. Speaking these words of love and appreciation are vital to making your partner feel valued and committed.

**Your MDLIVE Behavioral Health visit is an easy and convenient way to talk to a licensed counselor if you and your partner need to smooth out a rough spot.**

Your subscription to Members TeleHealth allows you to schedule an appointment. All sessions are secure and private.

- Choose from a national network of licensed counselors available at times that work for you.
- Talk to a counselor from your home or anywhere you feel most comfortable.
- All sessions are secure and private.
- Counseling sessions cost the same as your health plan's copay – or less.

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