Be Informed

- Check out the Do-It-Yourself Health monthly nutrition and fitness plan.
- Get the answers you need. Call a Blues on Call Health Coach at 1-888-258-3428.
- Nudge someone you love to get screened for cancer with Highmark’s new “Nudge Kit.”
- Visit www.highmarkblueshield.com to find a provider, track and review claims, and access additional health and wellness tools.

Get Social

Join Highmark’s social network to receive health and wellness tips, information about member benefits and much more at your fingertips!

JULY 2016

DO ONE THING… TO IMPROVE YOUR WELL-BEING

Good things take time—and practice, too!

Making lifestyle changes to improve your well-being can be challenging. Remember that building success means starting with one step at a time. Try one of these activities to take the first step toward making a positive change:

Eat Wisely

- Eat with friends. Social support and good health are connected. Have healthy food gatherings with friends and neighbors.

Move Naturally

- Change how you view household chores, take the stairs, make family time exercise time. Do things you enjoy such as gardening.

Unplug

- Set a media curfew – such as no computer or smartphone use after 8:00 p.m.
Connect

- Put loved ones first, engage with family and friends. Be present – put the smartphone and camera away when you are outside enjoying nature or attending family events.

Making the changes that you want takes practice, time and commitment, but you can do it.

Need a little help? Blues on Call health coaches are here to lend a helping hand when you need a boost to stick to your plan. Watch this video to learn how one Highmark member changed her life by working with a health coach to lose more than 40 pounds.

Call 1-888-258-3428 to start working with a health coach today.