

EMPLOYEE SERVICES

NEWSLETTER



In This Newsletter You Can Expect:

Blue Cross Blue
Shield Connect
Community
Articles

Monthly
Webinars

WellOnTarget
Resources

Other Wellness
Related Benefits

Heart Health & Cancer Prevention Month

- Key Measures to improve and maintain cardiovascular health. This can help lower risk for heart disease, stroke and other major health problems. Eat better, be more active, quit tobacco, get healthy sleep, manage weight, control cholesterol, manage blood sugar, manage blood pressure.
- [Life's 8 essentials](#)
- [ABCs of Heart Health](#)
- [ACS of Cancer Risk and Prevention](#)
- [Sweet Potato Shepherd's Pie recipe](#)
- [Mini Meatloaves with Low-Fat Creamed Spinach](#)

Recurring Well onTarget Overviews

- 30 minute overviews - 11am-11:30am CST.
- Every second Tuesday of the month.
- QR code and link is on the attached flyer to share with employees.
- These will be high levels since they will be offered for our entire book of business.



Blue Cross Blue Shield Connect Community Articles

[Heart Health](#)

[Prevent Gum Disease for a Healthy Heart](#)



Wellness Time Reminder

We do have wellness time to use. This is time that you can use every week. The wellness time program states that you may take 30 minutes 3 days a week for yourself and your own wellness. This is a good way to reduce stress and give yourself a break to recharge during the day.

[Wellness Release form](#)

Monthly Webinars

Code Word: BETTERME

Overcoming Obstacles: CBT Strategies for Minority Mental Health

Wednesday February 11th 12-12:30pm CST

This Time I'm Really Going To Do It: Making our Resolutions Stick

Friday February 13th 11-11:30am CST

Good News About the Winter Blues

Friday February 20th 11-11:15am CST

Promoting More Helpful Self-Talk: Advanced Strategies to Address the Core of Your Thinking

Tuesday February 24th 3-3:30pm CST

[learntolive Documentation](#)



Ways to Love Your Heart

Maneras de cuidar a tu corazon

**Join our Well onTarget Monthly
Webinar**

Hello Heart FAQs

Wellness Website for East Texas A&M