

EMPLOYEE SERVICES

NEWSLETTER



In This Newsletter You Can Expect:

Blue Cross Blue
Shield Connect
Community
Articles

Monthly
Webinars

WellOnTarget
Resources

Other Wellness
Related Benefits

Alcohol Awareness, Women’s Eye Health and Safety, and Financial Literacy Month

Alcohol Awareness

Did you know? Alcohol dependence is the #1 health problem in America. This issue claims 90,000 lives each year.

<https://nationaltoday.com/national-alcohol-awareness-month/>

[Alcohol Awareness Month](#)
[NIH Rethink Drinking](#)

Women’s Eye Health and Safety Awareness

Women are more susceptible to issues with their eyesight and having risk of permanently losing their sight compared to men.

<https://nationaltoday.com/womens-eye-health-and-safety-month/>

[Prevent Blindness Org](#)

Recipes

- [Spinach Strawberry Salad with Balsamic Poppy Seed Dressing](#)
- [Healthy Morning Glory Breakfast Muffins](#)



Blue Cross Blue Shield
Connect Community
Articles

[10 Ways Alcohol Affects Your
Body](#)

[Saving Money is Simple with
Blue365](#)



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

Blue Cross Blue Shield

Health and Well-Being Coaching

[April 9, 2026 @ 2:00 pm](#)

Stress Less Live More

[April 16, 2026 @ 3:00pm](#)

Better Sleep for Better Health

[April 23, 2026 @ 3:00pm](#)

Financial Wellbeing

[April 30, 2026 @ 3:00pm](#)



**April
is
Alcohol
Awareness
Month**

Know the Warning Signs for Overdrinking

Conozca las senales de advertencia que indican que esta consumiendo alcohol en exceso

Women and Eye Health

Supporting a Child with Autism

Como respaldar a un nino con autismo

Children's Wellness Guidelines

Guia para el bienestar de los ninos

Adult Wellness Guidelines

Guia para el bienestar de los adultos

Wellness Website for East Texas A&M