



Blue Care
Network
of Michigan

Here are health tips you can use on your intranet site or in employee memos,
e-mails or newsletters.

Get nutrition, health, fitness and relaxation tips by taking your BCN Health Risk
Appraisal on MiBCN.com/member and visiting MiBCN.com/natblue.

december



fitness tip

Give gifts that encourage physical activity — active games or sporting equipment.



nutrition tip

Potatoes make a great addition to a meal. Potatoes eaten with the skin provide nearly half of the daily value for vitamin C and are one of the best sources of potassium and fiber. One medium-sized potato has 110 calories and provides complex carbohydrates needed to fuel our brains and bodies. Just hold the butter and sour cream. Instead, mash with some skim milk or look for other low-fat recipes.



relaxation tip

If your holidays are more “Christmas with the Kranks” than a Norman Rockwell painting, that’s OK. Learn to differentiate between expectations and reality.



health tip

Gray skies getting you down? If you get depressed during the winter, tell your doctor. You may have seasonal affective disorder.

BCN members can call the number on the back of their ID card to speak with a behavioral health care manager 24/7. No referral needed.