



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.

January



fitness tip

If you have heart disease, be careful outdoors. Check with your doctor before shoveling snow, and don't overdo it. Your body has to work extra hard just to stay warm.



nutrition tip

Even if the grass is covered with snow, you can bring some green into your life. Green, leafy vegetables, such as broccoli and spinach, give you many nutrients that promote health.



relaxation tip

When you hold a grudge, your anger causes your body to behave as if it's under constant stress, which can increase your blood pressure and heart rate and lower your immune system. It's better to forgive and let it go.



health tip

If you're female, have been sexually active or are over 21, there's a simple and quick test you need to screen for cervical cancer. The Pap test can be done as part of your routine pelvic exam.

See BCN's *Guidelines for Good Health* to see how often at MiBCN.com/guidelines.