



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.

june



fitness tip

Golfers develop strength, stamina, flexibility, coordination, concentration and skill in this challenging game. It's an excellent part of a complete health regimen. So, practicing not only improves your game, it also improves your body.



nutrition tip

Nonstarchy vegetables have about 25 calories in a serving. And they contain nutrients and vitamins that protect you from disease.



relaxation tip

Planning your summer vacation? Choose a vacation that you'll truly find relaxing. Find a place to go so you can do things you enjoy, whether it's white-water rafting or fishing.



health tip

Recent news reports have identified toys that expose children to lead through paint or plastic. The only way to be sure your child does not have high levels of lead is through a blood test. Ask your child's doctor for the test when your child is between 1 and 2 years old. Children age 3 to 6 years should be tested if they have never been tested.