



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.

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fitness tip

Here's a positive way to look at spring cleaning: it's good exercise. If you work moderately hard, you can burn up to 300 calories an hour.



nutrition tip

Feeling too wired? If you want to kick the caffeine habit, do it very gradually. You are likely to start feeling withdrawal as soon as 12 hours after your last caffeinated beverage, and it usually peaks at 20 to 48 hours.



relaxation tip

Asthma is a physical disease, not a psychological one. But, a person's emotional state and how one sees and responds to stress can affect how often he or she has asthma attacks and how severe they are. The force of air propelled through the bronchial tubes when laughing, crying or yelling can trigger asthma symptoms.

Pay attention to your stress level, and try slow, deep breathing to stay calm.



health tip

If you have asthma or allergies, figure out your triggers. Common asthma triggers are pollen, dust mites, cats, molds and tobacco smoke. Keep track of what you are doing and where you are when you start to have symptoms. That way you and your doctor can develop a treatment plan.

For more information, call **BCN's Disease Management department** at 800-392-4247.