



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

Find a workout buddy. Exercising with a friend is more fun than working out alone and can keep you motivated. Ask a co-worker to go for a lunchtime walk, or see if your neighbor wants to go for a bike ride.



nutrition tip

Seeing colorful fruits and vegetables on your plate is not only appealing, but research shows that colorful produce can help keep our hearts, minds and even our eyes healthy.



relaxation tip

To help reduce stress, take one thing at a time. Prioritize your tasks and tackle each one separately.



health tip

Adult women should get regular physician-performed clinical breast exams, which complement mammograms and offer women a chance to talk with their doctor about changes in their breasts, risk factors and early testing. Women should start having annual screening mammograms at age 40.

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