

Be Well

Spring 2021



Happy Spring, Y'all!

It's the season when we can look back on winter (whew!) but the oven-like heat of summer is still in the future. What a great time to *Be Well*! The last year has been challenging, but some challenges can be fun—like the ones on our digital wellness platform. You'll find more about them, and other wellness news, inside.



Scott & White
HEALTH PLAN
PART OF BAYLOR SCOTT & WHITE HEALTH

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Spring Ahead

with a digital wellness challenge



After our Texas winter, it's time to rev up for spring. Get your mojo going with a challenge on the Digital Wellness Platform. You'll see options for:

Physical Activities

Weight Loss

Emotional Health

Heart Health

Financial Health

Social Health

To get started:

1. Log in to the [MyBSWHealth Member Portal](#) and select the "Wellness" tab. You'll see information about challenges and a button to "Learn More."
2. Click "Learn More" to access the full Digital Wellness Platform.
3. From there, select "Progress" and under the dropdown menu, "Challenges."

You'll see a variety of options for short- and longer-term goals, whether you're trying to increase fitness, reduce stress or just have more fun.

Invite a coworker to join you and jump into spring together!

#WebinarWednesdays

These fun and informative sessions are just 30 minutes long, so grab your lunch and join us. This quarter you'll hear from wellness advisors and providers on these important topics:

- Stress Reset
- Diabetes Educational Panel
- Men & Women's Health

Get details and [register here](#).

You can also log in to the member portal and check under the "Wellness" tab for previously recorded content from #WebinarWednesdays.



Diabetes Support

Have you or a family member recently been diagnosed with diabetes? Do you have questions about the everyday management of the condition?

Baylor Scott & White Health (BSWH) offers online diabetes classes to help with things like meal planning, medications and self-management of diabetes.

Join a live online class led by BSWH health professionals and get a chance to ask questions about your health – and get answers!

Classes are free and offered monthly. Click [here](#) to sign up or learn more.

Take Your Best Shot

All Texans age 16 and older are able to schedule a COVID vaccination appointment as of the week of March 29. Appointments can be self-scheduled through our member portal, MyBSWHealth.com, or by calling the vaccine line at 1.844.BSW.VACC.

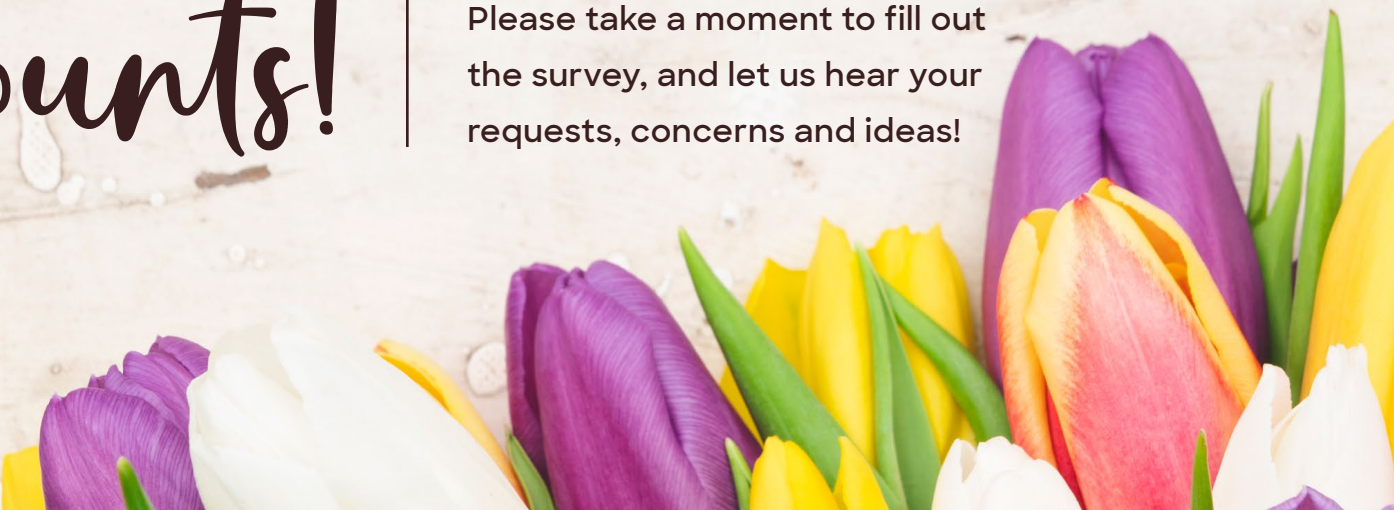
View the list of BSWH [vaccination hubs or large vaccination locations](#) or other [state-designated vaccine providers](#).

Scheduling windows in MyBSWHealth will open weekly. If there are no available appointments, we encourage you to check back at a later date.

Your Voice Counts!

You may receive a survey from us, or from SPH Analytics on our behalf, in the coming months. We use these surveys to better understand our members and how we can improve our services.

Please take a moment to fill out the survey, and let us hear your requests, concerns and ideas!



Life feel a little *Unpredictable* these days?

Here's something you can count on: the Naturally Slim approach for losing weight, regaining energy and getting back on track.

Naturally Slim is a simple online program with no restrictive diets or specialty foods. Change how you eat – not what you eat – and learn how to better manage your overall health.

Learn more about Naturally Slim by logging in to the member portal and checking your health plan “Wellness” page.



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Healthy Focus



World Immunization Week (April 22-28)

Immunization saves millions of lives each year. Getting vaccinated is one of the best things we can do to stay healthy – and it's not just for kids. Check out the recommended vaccines for children, teens and adults at the [Center for Disease Control and Prevention](#).

- Know the facts about vaccines
- Learn about safety and effectiveness
- Get vaccinated to protect yourself and those around you



High Blood Pressure Education Month

Know your numbers! Many people don't realize they have high blood pressure, but it can lead to increased risk for heart attack and stroke.

Schedule a visit with your primary care physician or stop by a local pharmacy that does blood pressure readings. You'll want to know your numbers and how to improve them, if needed. For more information on blood pressure, visit the [American Heart Association](#).



Men's Health Month

On average, American men die 5 years before American women AND they die of higher rates of heart disease, cancer and unintentional injuries. It's time for men to take control of their health. That means seeing a doctor regularly for recommended tests and screenings:

- Blood pressure
- Colorectal cancer
- Lipid disorders
- Diabetes mellitus, type 2
- Depression
- STDs

For more information, visit [The United States Department of Health and Human Services](#).

Our mission

as part of the Baylor Scott & White Family

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.



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