



August Better You Pursuit Newsletter – Florida Blue

NEWSLETTER – August 2023 highlights are:

- Healthy choices are easier when there's a rainbow
- Navigating the shadows: Postpartum depression
- Recipe ~ Mashed Chickpea Salad with Dill Capers

LIVE WEBINARS

Wellness webinars keep you in the know. Our medical directors, health educators, nurse educators, and other experts offer monthly webinars to help you understand how you can reverse chronic conditions, prevent serious illnesses, and stay well, both physically and emotionally. We have several options to offer you each month. You can register for as many webinars as you want. All times are **Eastern time zone**.

Use **CHROME** for the best experience. **DO NOT** use Internet Explorer or Microsoft Edge, to attend any of the below events as they no longer support our live webinars platform and will cause audio and other tech issues!

AUGUST WEBINARS

Open to all Better You groups

- **Healthy Kids: A Parent's Guide** – Tuesday 8/8 – 1:00pm – 2:00pm – [Register here](#)
- **Ask the Dietitian: Healthy Lunch Options** – Wednesday 8/16 – 1:00pm – 1:45pm – [Register here](#)

Open to all Florida Blue members, Better You groups and the community

- **Stress Management (Sanitas)** – Wednesday 8/16 – 12:00pm – 1:00 pm – [Register here](#)
- **Behavior Health: Postpartum Depression** – Thursday 8/17 – 1:00pm – 2:00pm – [Register here](#)

SEPTEMBER WEBINARS

Open to all Better You groups

- **Fall Health Update:** – Tuesday 9/12 – 1:00pm – 2:00pm – [Register here](#)
- **Ask the Dietitian: Foods that Build Immunity** – Wednesday 9/20 – 1:00pm – 1:45pm – [Register here](#)
- **Weight & Chronic Conditions (3-part series)** – Thursdays 9/7, 9/14/, 9/21 – 2:00pm – 3:00pm –
Session #1 – [Register here](#); Session #2 – [Register here](#); Session #3 – [Register here](#)

Open to all Florida Blue members, Better You groups and the community

- **Self-Care vs. Medical Care (Sanitas)** – Wednesday 9/20 – 12:00pm – 1:00 pm – [Register here](#)

FLORIDA BLUE ANSWERS – Got questions? Check out [Florida Blue answers](#) for helpful information and answers about health insurance, benefits, ways to save money and more. Our focus this month is:

- [Social media and youth mental health](#) – understand the effects of social media on kids.
- [Wellness information, programs, and community resources](#) – your Florida Blue coverage comes with resources for being your healthiest self.
- [All about vaccines](#) – vaccines can keep you and your family safe.

Want to stay “in the know” at your fingertips? Connect with [Florida Blue on Facebook](#), so you get wellness tips and updates directly in your newsfeed.



HEALTHY NUGGETS (Short videos) ~ AUGUST ~ Healthy Kids Month

Are you recharging your electronic devices more often than you are recharging your own batteries? With the demands of our professional and personal lives, it is common to feel overwhelmed and burned out. Self-care is NOT selfish! Taking just a few minutes for yourself throughout your busy day to “unplug & recharge” will help you stay focused, energized and calmer.

- [Learn more about maternity care](#) (4:49) – Whether you are just thinking about having a baby or are already pregnant you probably have lots of questions. Watch this video for more information on steps you can take to have a healthy pregnancy and healthy baby.
- [Quick healthy lunch & snack](#) (5:10) – Eating healthy does not have to be expensive or time consuming. Learn the tricks to help you make a healthy meal and snack in just a few minutes. Bon Appetit!
- [Avocado chocolate mousse](#) (0:38) – This super easy-to-make recipe has only three ingredients and is packed with good-for-you nutrients (fiber, healthy fats, minerals, vitamins, antioxidants). Who said desserts cannot be nutritious and delicious?

HEALTHY, EASY-TO-MAKE RECIPES WE LOVE

- Whether you are driving to a meeting, or you want to add a snack to your child’s school lunch bag, here are our [top choices for healthy snacks on-the-go](#).
- The dog days of August in Florida are upon us. Beat the heat and keep cool with these [hassle-free delicious and nutritious treats](#).