

September Better You Pursuit Newsletter – Florida Blue

NEWSLETTER (attached) – September 2023 highlights are:

- The hype about yoga may surprise you
- Beat afternoon fatigue with these tips
- Recipe ~ Spinach & artichoke casserole with chicken & cauliflower rice

LIVE WEBINARS

Staying informed, getting resources, and speaking with experts on a variety of health topics for a Better You a just a few clicks away! Register today for [Florida Blue's wellness education live webinars](#). Or point your smartphone camera to the QR Code below. All times are Eastern. Interested in a topic but cannot attend? Still, register! You will receive the link to the live webinar recording the day after the event.



Upcoming topics:

- ✓ Weight & Chronic Conditions (3-week series) – Thursday 9/7, 9/14, 9/21 – 2:00pm – 3:00pm
- ✓ Fall Health Updates – Tuesday 9/12 – 1:00pm – 2:00pm
- ✓ Self-Care vs. Medical Care (Sanitas) – Wednesday 9/20 – 12:00pm – 1:00 pm
- ✓ Foods that Build Immunity (Ask the Dietitian) – Wednesday 9/20 – 1:00pm – 1:45pm

Missed passed webinars? [Listen to webinars recordings here](#).

FLORIDA BLUE ANSWERS

Did you know? Becoming and staying healthy can help you lower your healthcare premiums next year. Learn how with these tips.

- [All about primary care](#)
- [Knowing where to go for care](#)
- [Why do a yearly wellness checkup](#)

HEALTHY NUGGETS (Short videos) ~ Got a moment? Check these out!

- [Meet meQ](#) (1:37) ~ MeQ is a digital mental well-being platform that builds resilience, helps with stress management, and can help you manage your work-life balance. It may be available to you. If you get your insurance through your employer, check with your benefits administrator to see if you have meQuilibrium as a benefit.
- [Where should I go when I need care?](#) (7.32) ~ Get the right care at the right place and save time and money!



FLORIDA BLUE CENTERS

Get support from our friendly team members at your local Florida Blue Center. Our community specialists and nurses can help you understand your health plan, compare costs, enroll in rewards, connect with local resources, improve your health with care management, and a lot more. [Find a Florida Blue Center near you](#) and schedule an appointment (not required but suggested).