

BSW Be Well

Spring 2024



Now is the perfect time to get out, get moving and Be Well.

Moving more, better 

Walk with a Doc 

WebMD WAYS app 

#webinarWednesdays 

findhelp 

Health Focus 

Cryptogram 

 Baylor Scott & White
Health Plan

Moving more, better



As winter turns into spring, you may want to get out and get moving. Regularly walking or running—even just around the neighborhood—is a fun, easy and efficient form of exercise.

If you're just starting out, ease into it. Start with some basic stretches, followed by a 20-to-30-minute walk at a comfortable pace. Then, increase your time or effort by 10% each week.

While you're getting out there, moving and grooving, keep an eye out for hazards that can cause injuries. The following are some common exercise-related ailments and how to remedy them:

- ▶ Ankle sprains happen when you turn or roll your foot. Sprains can typically be treated with a heaping dose of RICE (Rest, Ice, Compression and Elevation).
- ▶ Shin splints cause pain and tenderness on the front side of your shins where the muscle meets bone. You can relieve shin splints with rest, ice and non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen or naproxen.
- ▶ Low back pain will strike most people eventually. This type of pain usually heals on its own with short-term bedrest. Some symptoms can be treated with over-the-counter drugs. If you experience numbness, tingling or a loss of bladder and bowel function, contact your physician.

For more on how to get moving safely, read [ScrubbingIn](#).

Walk with a Doc

Get to know your doctors while getting your steps in during the monthly Walk with a Doc series. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs. Find more walks [here](#).

Miller Park: 1919 N 1st St. Temple, TX 76501

- ▼ April 20, 9:00 AM
- ▼ May 18, 9:00 AM
- ▼ June 15, 9:00 AM

Carl Levin Park: 400 Millers Crossing, Harker Heights, TX 76548

- ▼ April 27, 9:00 AM
- ▼ May 25, 9:00 AM
- ▼ June 22, 9:00 AM

Juanita J. Craft Recreation Center, 4500 Spring Ave., Dallas, TX 75210

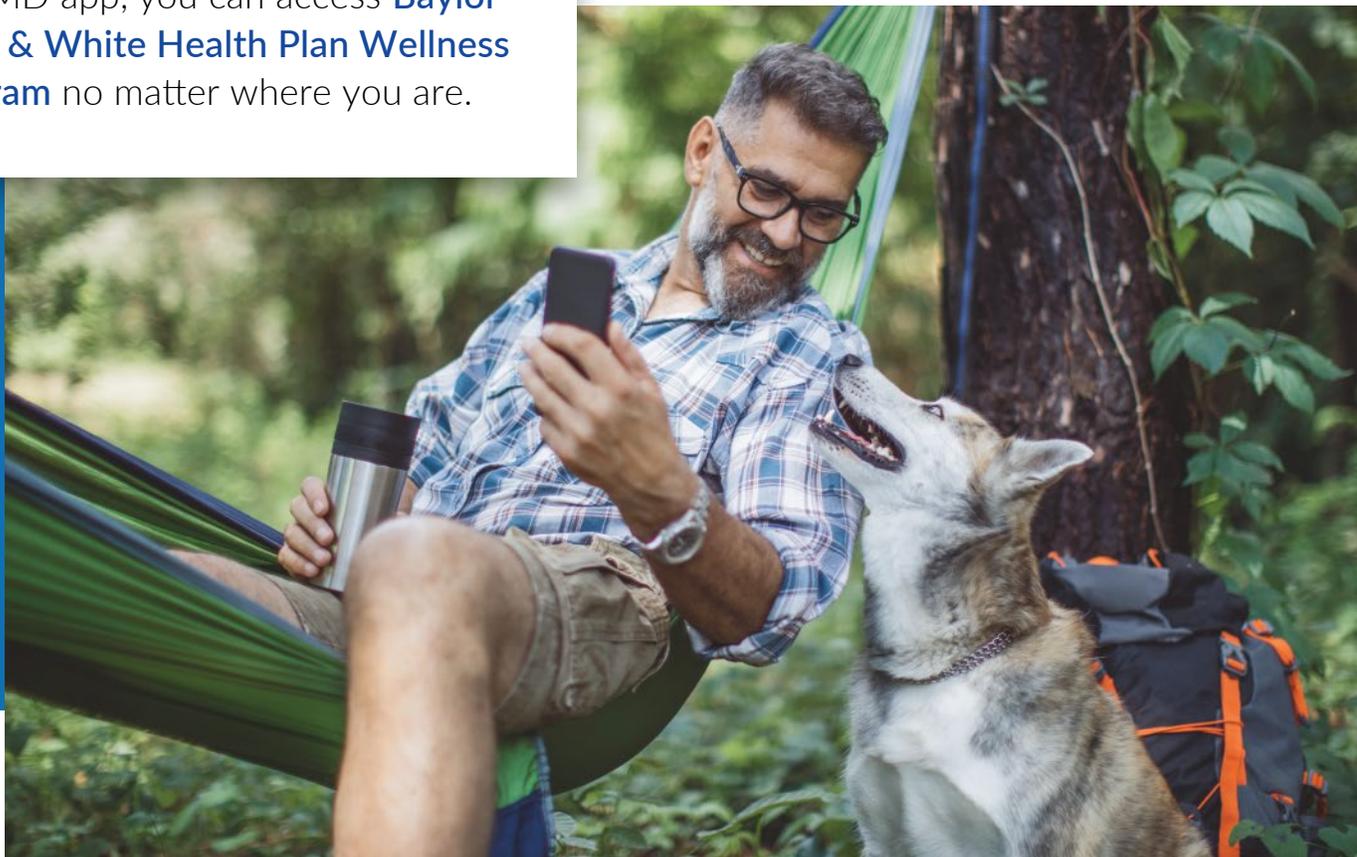
- ▼ April 17, 10:00 AM
- ▼ May 15, 10:00 AM
- ▼ June 19, 10:00 AM



Your Well-Being Within Reach

At work, at home and everywhere in between.

With Wellness At Your Side, the WebMD app, you can access **Baylor Scott & White Health Plan Wellness Program** no matter where you are.



Download the app today.

Download and open the Wellness At Your Side app, then enter your ConnectionCode: **BSWHP** and sign in.



Apple Store



Google Play

#WebinarWednesdays

Every month, join us online at lunch time for a free wellness webinar.

WEDNESDAY, APRIL 3 AT 11:00-11:30 AM:

STRESS RESILIENCY 101

Stress impacts our bodies and minds. Discover ways to combat and take control of stress.

[RSVP](#)

WEDNESDAY, MAY 1 AT 11:00-11:30 AM:

BREAK FREE: OSTEOPOROSIS AND PHYSICAL FITNESS

Did you know osteoporosis can weaken your bones? The good news: exercise can keep your bones healthy and strong.

[RSVP](#)

WEDNESDAY, JUNE 5 AT 11:00-11:30 AM:

TALKING TRAUMA: UNDERSTANDING PTSD

Post-traumatic stress disorder can impact every aspect of your life. Join us to understand symptoms, triggers and how to navigate life after a traumatic experience.

[RSVP](#)



Catch them while you can

[Stress and mindfulness](#)

(Expires 7/18/2024)

[Healthy aging and balance](#)

(Expires 6/20/2024)

[Sustainability and health](#)

(Expires 12/19/24)

[Resiliency](#)

(Expires 11/14/24)

findhelp all in one place

We all need help sometimes. If you're looking for help, connect with community resources through findhelp. If you're seeking services or looking to offer help, this local resource hub helps you find and make referrals for food, healthcare, job training and more.



How it works:

- Visit BSWHealthPlan.findhelp.com.
- Type in your ZIP code.
- Hit the “search” button to find hundreds of social service organizations at your fingertips.

You can also create an account for access to other free tools and features.



Healthy Focus



Stress Management

Stress is a common part of everyone's life, and it can take a toll on your physical and mental well-being. Stress management techniques—like mindfulness, meditation, exercise and relaxation—help reduce the effects of stress on your body. The key is to find your groove and make it a common practice.

Check out [Centers for Disease Control and Prevention](#) for tips on how to manage your stress.



Osteoporosis and Physical Fitness

Osteoporosis is a disease where the bones become brittle and weak and have a greater risk of fracture. A sedentary lifestyle, poor posture, poor balance and weak muscles increase the risk of fractures. Regular exercise is an essential part of any osteoporosis treatment program.

For more information, please visit [The National Institute on Aging](#).



PTSD Awareness

Traumatic events—such as an accident, assault, military combat or natural disaster—can have lasting effects on a person's mental health. Some people who experience such traumas may develop Post-Traumatic Stress Disorder (PTSD).

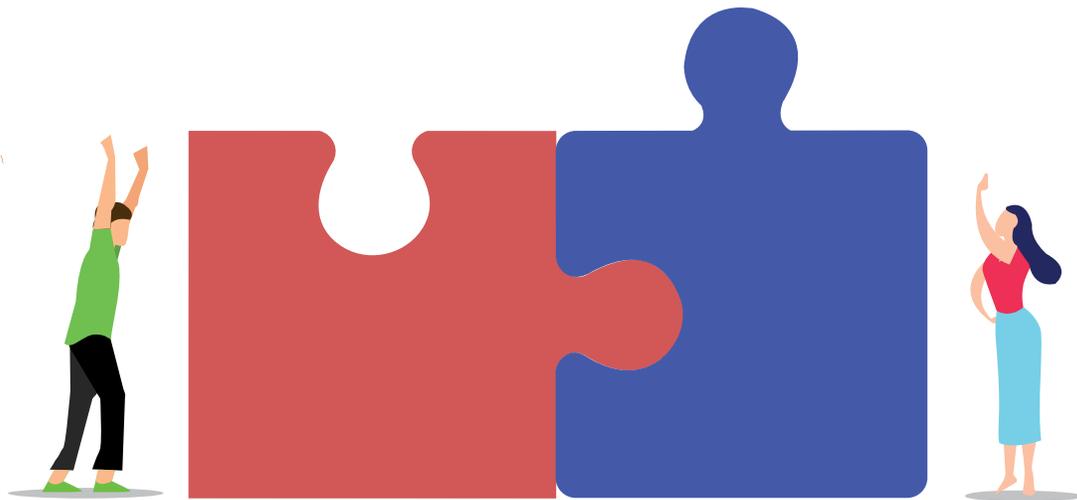
It is never too late to seek help for PTSD. If you or someone you know has experienced a traumatic event and are suffering from symptoms of PTSD, please visit [The National Center for PTSD](#).

Motivational Quote (answer)

Answer

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	21	18	24	14	7	20	22	15	12	6	10	4	19	23	8	26	13	3	16	11	2	1	17	5	25

Y O U ' R E O N L Y O N E W O R K O U T A W A Y
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F R O M A G O O D M O O D .
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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.

