

BSW Be Well

Winter 2024

- ❄️ New Year. New Name.
- ❄️ New Year. New Me.
- ❄️ Tackle your Resolutions
- ❄️ WebMD Challenge

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A brand-new year means
a brand-new opportunity to
achieve your goals, challenge
yourself and Be Well.

New Year. New Name.

Baylor Scott & White Wellness program is now:



Our name has changed, but our commitment to you and your well-being hasn't. We will be unveiling some exciting new programs over the coming year, and we think you'll like them.

We wish you a happy and healthy 2024.

Your feedback matters!

You may receive a survey by mail about the services we provide at Baylor Scott & White Health Plan. It's part of a national project by the National Committee for Quality Assurance (NCQA), a non-profit group that helps people learn more about health care plans.

If you receive this survey, would you please take a few minutes to respond by mail or online? Your answers will go directly to the independent research firm that helps us conduct the survey and are not tied to your name in any way.

Note: The survey is mailed to a random sample of our members, so if you don't receive one it does not mean we don't value your opinion—we do! It's just not your turn to get the survey.

If you ever need to call the Health Plan customer service number on the back of your member ID card, you will also have the opportunity to respond to a survey by phone at the end of your call. We really appreciate it when you do that as it helps us help you, and other members, better.

We look forward to hearing from you.



New Year. New Me.

How often have we said these words at the beginning of a brand-new year? This year, challenge your mind, body and soul to make it happen.

Challenge Your Mind:

- Prioritize strengthening your mental health
- Adopt new hobbies and skills
- Find time for time management

Challenge Your Body:

- Set practical health goals
- Focus on what you enjoy
- Explore healthy eating habits
- Sleep on a schedule

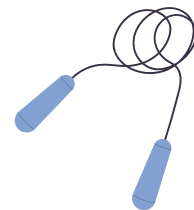
Challenge Your Soul:

- Set a goal oriented around building or strengthening relationships
- Practice kindness and empathy
- Be kind to yourself

For more ways to challenge your mind, body and soul and tips on how to start 2024 with a bang, check out our [ScrubbingIn blog](#).



Tackle your New Year's resolutions with **Wellness At Your Side**



Want to crush your New Year's resolutions? Get personalized support with the Wellness At Your Side(WAYS) app, powered by WebMD. With WAYS, a healthier lifestyle is always at your fingertips.

- ▼ Quit tobacco, sleep better, stress LESS and be MORE active with Digital Wellness Coaching.
- ▼ Daily Habits will help you create lifelong healthy patterns that fit your lifestyle.
- ▼ Learn more about your health with a simple, digital survey that will help explain your current health status and offer personalized recommendations for how to improve it.
- ▼ Check out the Wellness Media Library for podcasts, videos—including yoga and other exercise videos—healthy recipes and more.
- ▼ Join an individual or team challenge to boost your well-being in areas like physical activity, nutrition, sleep and more.

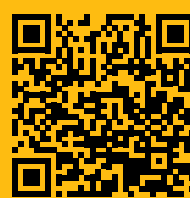


Get the Wellness
at Your Side app

Connection Code: BSWHP



Google Play



Apple Store



SAUNTER

No matter how you move about—
you can earn rewards with the
WebMD Steps Challenge



Step to it!

With each step you take, you'll work your way toward better well-being.
Ready to begin?

- Register between January 17 and January 30.
- Log your steps each day from January 24 through February 20.
- You can connect a Fitbit or other fitness device. From the [WebMD portal](#), click on 'Sync devices and apps' from the dropdown menu and find the device you want to sync. Otherwise, record your steps on the Wellness At Your Side app.

Achieve what matters most

The Wellness At Your Side app is a personalized well-being experience. Whether you'd like to spend more time working out at the gym, being active with your family, or doing anything in-between, the WAYS app can be customized to help you achieve your unique goals.

It provides you with a recommended action plan, a personalized homepage and other tools that can help guide you:

- Health Assessment** – A personalized status report with tips to improve.
- Daily Habits** – Track your goals and take control of your well-being.
- Health Coaching** – A FREE, confidential service to help you reach your goals.

Start striving for more.

#WebinarWednesdays

Every month, you have a new opportunity to join us online during the lunch hour for a FREE Wellness Webinar.

January 10 at 11:00 AM

Every Drop Counts: Donating Blood

Ever donated blood? Are you interested in donating, but have questions? Join us to learn about the donation process and the importance of giving blood.

[Register Here](#)

March 6 at 11:00 AM

Keeping up with the Kidneys

Learn the kidney basics, common types of kidney diseases and preventive measures to help keep your kidneys going strong.

[Register Here](#)

February 7 at 11:00 AM

Call with Confidence: What to know/expect when calling 9-1-1

Medical emergencies are scary. Join Cardiologist Ira Bell and Bell County Dispatcher Hayden Mix to learn what you need to know to call 9-1-1 with confidence.

[Register Here](#)



WALK WITH A DOC

If you're in the Temple or Harker Heights area, get to know your physicians while getting your steps in during our monthly Walk with a Doc series. The event is the third Saturday of every month in Temple and the fourth Saturday in Harker Heights. The event begins with a brief talk by a featured physician, followed by a walk around Miller Park and Carl Levin Park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs.

Miller Park:

1919 N 1st St.

Temple, TX 76501

- January 20, 9:00 AM
- February 17, 9:00 AM
- March 16, 9:00 AM

Carl Levin Park:

400 Millers Crossing,

Harker Heights, TX 76548

- January 27, 9:00 AM
- February 24, 9:00 AM
- March 23, 9:00 AM





Find help all in one place

We all need help sometimes. If you're looking for help, you've come to the right place. The findhelp local resource hub can help you identify your family's needs and quickly get connected to community resources. Whether you're seeking services or looking to offer help, findhelp makes it easy to find and make referrals for food, healthcare, job training and more with dignity and ease.

How it works:

- Visit BSWHealthPlan.findhelp.com.
- Type in your ZIP code.
- Hit the "search" button and discover hundreds of social service organizations at your fingertips.

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

Healthy Focus

January



National Blood Donor Month

Every two seconds, someone in the United States needs blood. The Red Cross depends on blood donors to save lives worldwide. If you are willing and able, find a local blood donation drive near you and donate blood today!

For more information, visit [The American Red Cross](#)

February

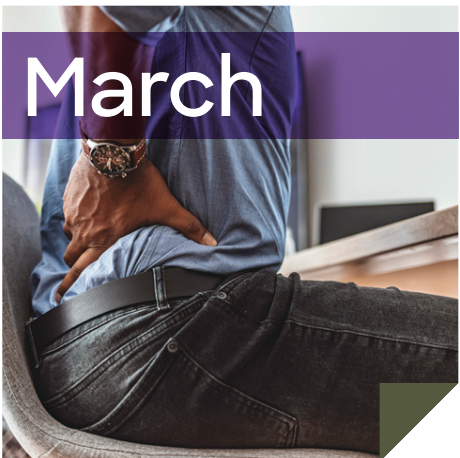


Heart Health Month

Every year, one in four people die from heart disease. While it can strike anyone, certain factors—such as high blood pressure and cholesterol, obesity, poor diet and an inactive lifestyle, smoking, or excessive alcohol consumption—increase the risk of developing the disease.

Many of these deaths are preventable with proper care. For symptoms, tips to prevent risk and preventive care options, visit [American Heart Association's website](#).

March



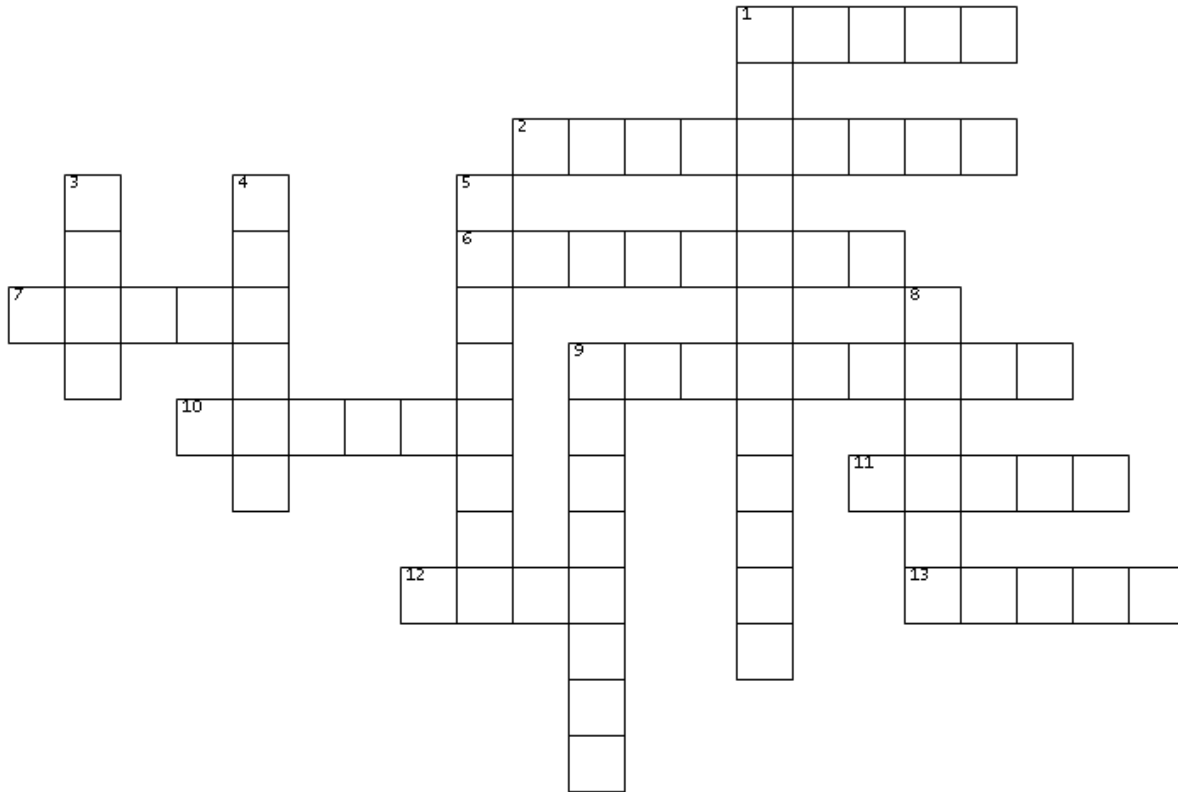
National Kidney Month

So much depends on healthy kidneys. They help regulate your blood pressure, filter waste from and regulate chemicals in your blood, and strengthen your bones by activating your Vitamin D.

Keep your kidneys in fighting shape by maintaining a healthy weight, exercising regularly and taking care of your blood pressure. For more symptoms and tips, visit The National Institute of [Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#).

FOCUS ON THE NEW YEAR

Created by Patricia Mix



ACROSS

- Facial expression that is characterized by an upturning of the corners of the mouth
- To be delighted, pleased, or glad
- To unite or systematize
- H₂O
- Offer to perform a service or task
- The amount or quantity of heaviness or mass
- To cease being awake; to be dormant or inactive
- Money that is borrowed and then owed
- An activity or interest pursued for pleasure or relaxation

DOWN

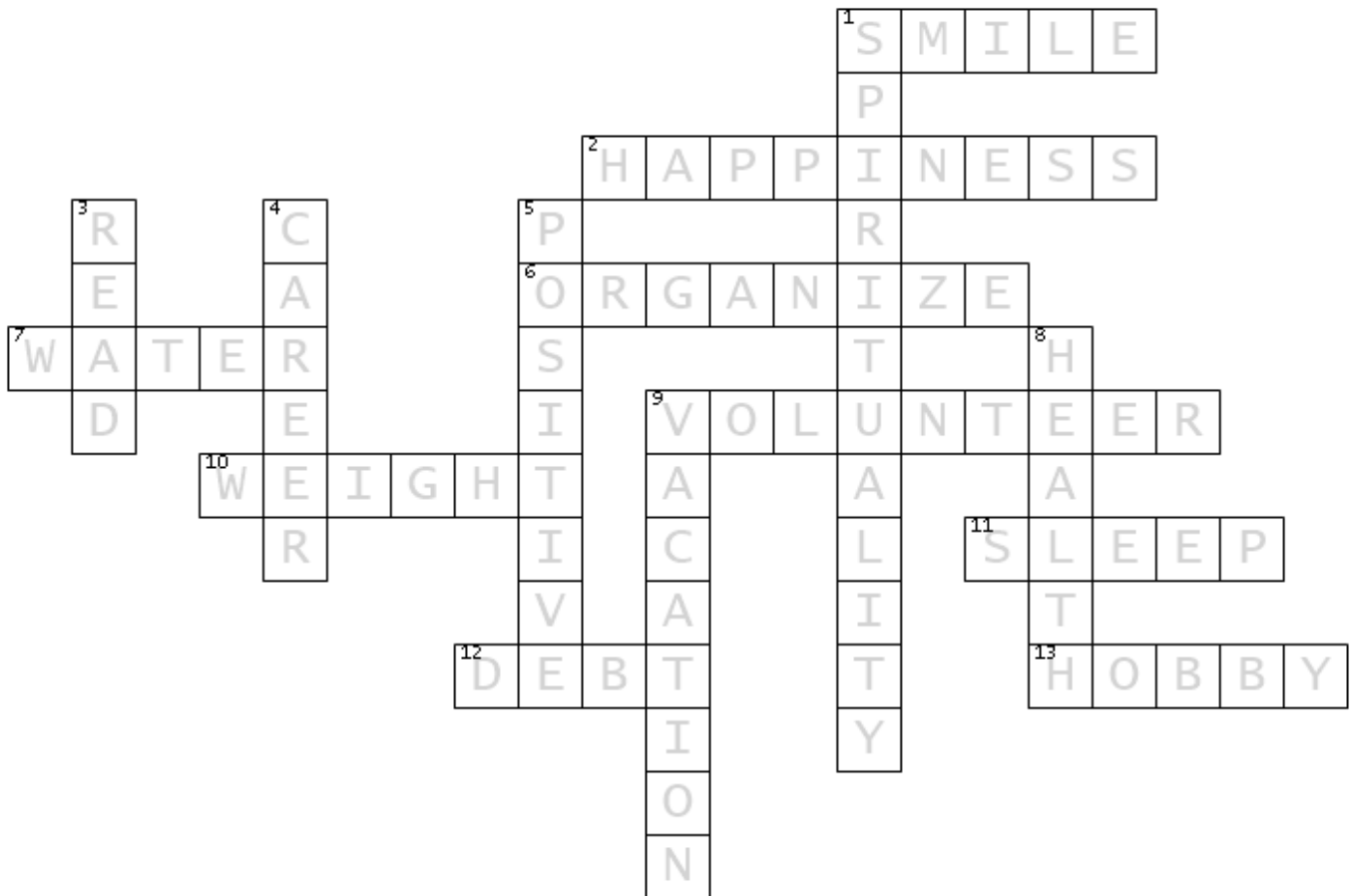
- 1. One's relation to sacred things or matters; religious; devotional; sacred
- 3. Sit with a book
- 4. An occupation or profession
- 5. To be upbeat, confident, hopeful, constructive
- 8. The general condition of the body or mind with reference to soundness or vigor
- 9. A period of time used for rest, recreation, or travel

Answers on next page.



FOCUS ON THE NEW YEAR

Crossword Solution





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.

