

Join us:

time

date

location



# well-being

Emotional health is part of your physical health. Look within.

To be truly healthy, it's important to take care of your emotional health, as well as your physical health. When you are emotionally healthy, you're better able to adapt to change, cope with stress, and have a more positive outlook.

#### Join us

A Blue Shield representative will share different strategies and resources available to help you maintain a healthier well-being.

#### A message from your HR administrator

Please note: This session is available to all employees, whether you have Blue Shield as your healthcare plan or not.