

Introducing the **Wellness Center**

Your new online source for health and wellness information

www.bcbsvt.com/WellnessCenter

Weight Loss • Nutrition • Fitness • Stress Management • Smoking Cessation

- Meal plans—shopping lists, recipes and a fast food comparison tool
- Fitness plans—flexibility and cardio exercises and strength training
- Quizzes and cool interactive tools—like the Heart Attack Risk Calculator and The Tar Jar
- Stress management program—customized to your symptoms and stressors
- Stop smoking—identifies your triggers and teaches you how to deal with them

Good health is closer than you think.



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