

BSWBeWell

Monthly

HELLO
APRIL

Struggling with allergies? You have options.

From yellow-dusted cars to the ever-present sound of sniffles and sneezes, the signs are all there: Allergy season has arrived.

When you can't avoid your allergen triggers and want to say "so long" to saline spray, your doctor may suggest either antihistamine sprays or immunotherapy shots. [But which one is right for you?](#)

What is Mindful Movement?

This month's webinar explores how we can combine mindfulness and movement. We'll also learn how to choose a workout that works best for you.

What is Mindful Movement?



Walk with a Doc

Learn about a health topic and get your steps in at the monthly Walk with a Doc series.

After a brief talk by a featured physician, participants will walk around an area park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs.

[Find a walk](#)



The BSW Be Well Program, powered by WebMD ONE, offers tools to help support every step of your well-being journey.

Motivation takes many forms

No matter your inspiration or motivation, the BSW Be Well Program is here when you decide it's time for a change. We provide resources that can help you stay positive, push through challenges and pursue more healthy passions throughout your life.

Take the first step...

The first step on your journey is to complete the Health Assessment (HA). Through the HA, you'll answer a few questions about your goals, lifestyle and interests. In about 10 minutes, you'll get a personal health report and a customized homepage that matches your well-being focus.

Other ways to support your well-being journey

- **Daily Habits**—Work toward your goals one day at a time. This mobile-first experience makes it simple to set a goal and see your progress.
- **Content Hub**—Receive personalized, easily accessible health information from the WebMD ONE homepage. The all-in-one hub provides multi-media content that supports your well-being journey.
- **Side Quests**—A collection of activities that allow users to choose their own adventure while receiving guidance on how to set SMART goals to stay motivated.
- **Community**—Through online chats, you can connect with like-minded people who are on the same well-being journey as you.
- **Device and App Connection Center**—Automatically track and upload your activity with a fitness device or app.

Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: **BSWBP**
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.

Get started today at my.bswhealth.com/login.



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