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# BSWBeWell

## Monthly



## Do you know the difference between a stroke and a heart attack?

May is National Stroke Awareness Month. Recognizing the difference between these medical emergencies and getting the right help could save someone's life.

[Read more](#)

## Webinar: Nutrition for exercise

Learn how to support your workouts with nutrition and hydration.

We'll discuss foods that can fuel your body while enhancing energy and recovery. This session offers practical tools you can put into practice right away without complicated rules or meal plans.

[Nutrition for exercise](#)



# How to stop the information avalanche

With a swipe and a type, we can bring up just about anything on our phones and have unlimited, immediate access to any information we could possibly want. But this abundance of information is a double-edged sword.

Information overload—when our brains are overwhelmed by the volume, pace and intensity of the news, content and crises we consume—can cause things like anxiety, trouble concentrating, poor sleep, exhaustion and burnout. If you find yourself feeling overwhelmed by information, here [are eight ways you can stay informed and stay well](#).



## 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](https://my.bswhealth.com/login).



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