

FEBRUARY

Make your heart your Valentine.

Love is in the air this February, and it's the perfect month to show your heart some love.

[Read more](#)

#WebinarWednesday

Discover simple ways to improve your heart health through diet and exercise. You'll learn how cholesterol, sodium, fats and fiber impact your heart health.

Eating for a Healthy Heart
February 11 at 12:00 PM

Register



Heart-healthy recipes for two

This year treat your heart and your Valentine to delicious, healthy meals.

Check out the Scrubbing In blog for [Heart-healthy recipes for two: 4 delicious meals that love you back.](#)



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](#)

Your "Why" Can Take You Places

Create a purposeful path to your well-being goals. With **Side Quests**—a new feature from the **BSW Be Well Program**—you'll write your "why" for working toward a well-being goal. Then, personalize a plan of action and stay motivated every step of the way.

Side Quests can be the reason for embarking on a well-being journey or a secondary goal you work toward. Visit the "Choose Your Own Adventure" page and select a goal today:

- **Timed Exercise** – Pick your favorite exercise and commit to it for a set amount of time each week.
- **Mindful Minutes** – Help ease stress by putting aside time for mindful activities during the week.
- **Quality Sleep** – Challenge yourself to start healthy sleep habits that can help you wake up feeling more refreshed each day.
- **Daily Steps** – Connect your fitness tracker and commit to a certain number of weekly steps.

Your "why," your way

Get the support you need to arrive at your healthy place, at your pace. Get started today at my.bswhealth.com/login

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: **BSWHP**.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.

WebMD Health Services

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