

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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