

August 2026

Small sips, big benefits.

Does the Texas heat have you feeling thirsty, dry, dizzy or lightheaded? The solution may be as close as your kitchen sink.

Everyone's hydration needs are unique, so there's not a perfect amount of water you need each day. But drinking about nine to 13 standard glasses—8 ounces—of water a day is a good start.

[Read more](#)

Immunizations webinar: What you need to know

This August, learn the basics of immunizations and how they impact both your health and the well-being of your community.

Immunizations: What you need to know



Parent made, kid approved: 3 after-school snacks your kids will love

Your kids have just hopped off the bus, and they're looking for snacks. **Don't panic.**

We have three budget- and kid-friendly [after-school snacks](#) that will satisfy the kids without straining your wallet.



Health Talk



Curious about a specific health topic? You can find information and resources about a wide variety of topics on our [Health and Wellness](#) page.

Check in on your health



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: **BSWHP**.
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



© WebMD Health Services Group, Inc.

Small steps add up. Discover more ways to [support your health](#).



Scott and White Health Plan dba Baylor Scott & White Health Plan offers HMO products and serves as a third-party administrator for self-funded, employer-sponsored plans. Scott & White Care Plans dba Baylor Scott & White Care Plan offers HMO products. Baylor Scott & White Insurance Company offers EPO and PPO products and serves as a third-party administrator for self-funded, employer-sponsored plans. Baylor Scott & White Care Plan and Baylor Scott & White Insurance Company are wholly owned subsidiaries of Scott and White Health Plan. These companies are referred to collectively in this document as Baylor Scott & White Health Plan.

Baylor Scott & White Health Plan, 1206 W. Campus Drive, Temple, TX 76502-9916