

BSWBeWell

Monthly

JULY 2026

Seasonal eating: Revamp your diet

Are you craving a new way to add more fruits and vegetables to your diet? This summer, give seasonal eating a try to freshen up your meals, help your wallet and sustain your local community.

[Read more](#)

What to know about Cyclospora

As reports of Cyclospora cases rise in Texas and beyond, Dr. David Winter, an internal medicine specialist with Baylor Scott & White Health, outlines what you need to know about parasitic infections.

[Learn more](#)

Webinar: Summer Fun & Safety

Make the most of your summer by tuning into this 10-minute webinar. Learn simple tips to stay safe while enjoying the sun all season long.

Summer Fun & Safety



It's the season of fresh produce. Here's how to make the most of it.

You can find ideas for fresh, fun summer activities, a shopping list of in-season produce, and a recipe for a Summer Pesto Pasta you can take on a picnic—since July is [National Picnic Month](#)—at [Scrubbing In](#).



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.



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



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