



# HELLO JANUARY

## Looking to be a whole new you this new year?

It's a whole new year. A time for lifestyle changes, broken habits and resolving to be better.

However, if your resolutions tend to fizzle out around February, we can help you keep the healthy changes going.

[Read more](#)

---

## #WebinarWednesday

January's webinar focuses on **mindful eating**. We'll explore how this practice helps you slow down, savor food and connect with your senses.

### Mindful eating

If you missed or want to revisit a past webinar, you can find them on our [Wellness](#) page.



## Having trouble losing weight?

Have you ever made a new year's resolution to lose weight but ended up hitting a plateau by mid February? There may be something secretly standing in your way.

Check out the Scrubbing In blog for [6 sneaky reasons sabotaging your weight loss goals](#).



## 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.

#### Download our app, [Wellness At Your Side](#)

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](http://my.bswhealth.com/login)

WebMD Health Services

BaylorScott&White Health Plan

©WebMD Health Services Group, Inc.



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