

BSWBeWell

Monthly

DECEMBER

Add wellness to your list and check it twice this holiday season.

The holiday season is a time for gathering with family and friends around roaring fires, hot cocoa—with or without marshmallows—in hand. However, during the coziest time of the year, it's important to prioritize your physical and mental health and well-being.

[Read more](#)

#WebinarWednesday

How can you tell when you're actually hungry or full?

Registered Dietitian Becca Rigby shows you how to engage your senses for a more present and mindful eating experience.

December 10, 2025 at 11:00 AM
How do I feel my hunger & fullness?

RSVP



Destination: A healthy holiday

The holiday season is chock full of travel. Whether you're going far or staying close, it's important to keep yourself healthy in body and mind while whipping around the globe.

Check out the Scrubbing In blog for [5 tips for staying healthy while traveling during the holiday hustle](#).



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.

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