



Make sure your Halloween is all treats and no tricks with these helpful safety tips.

Halloween is looming and it's important to keep safety in mind. We've rounded up some tips you can use to help keep your scares safe this year.

[Read more](#)

October is Breast Cancer Awareness month.

Nearly 317,000 women and nearly 3,000 men will be diagnosed with [breast cancer](#) in their lifetimes.

Knowing the [signs and symptoms](#) of breast cancer and getting regular [screenings](#) can help you catch breast cancer early. When caught early, the 5-year relative survival rate is 99%.

Watch our [webinar](#) to learn more about breast cancer, early signs and symptoms, when to get screened, and more!



#WebinarWednesday

Join us next month to learn all about diabetes.

November 5, 2025

Diabetes Awareness Month

RSVP

Don't let a UTI ruin your fall plans

Urinary tract infections (UTIs)—infections in the bladder, kidneys, urethra or ureters—are incredibly common, especially among women.

Symptoms like burning during urination, frequent urges to go, cloudy or discolored urine, lower abdominal pressure, and back pain could signal a UTI.



If you suspect a UTI, don't wait to see a doctor. UTIs won't resolve on their own, and early treatment leads to faster recovery and prevents complications. Most uncomplicated UTIs clear up quickly with antibiotics and pain relief medication. Remember, it's crucial to finish the full course of antibiotics.

To prevent future infections, stay hydrated, practice good hygiene (wipe front to back), and avoid holding your bladder. If UTIs recur, your doctor may suggest ongoing treatment or lifestyle adjustments.

Listen to your body and seek care when symptoms arise. To learn more about Urinary Tract Infection, watch this [helpful video](#) or visit [ScrubbingIn](#).

You don't have to do it alone.

The **BSW Be Well Coaching** program offers a one-on-one coaching experience tailored to fit your needs and help you achieve your personal best. You can get personalized coaching to help with your nutrition, stress and quitting smoking.

Learn more



More ways to Be Well

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



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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