



Because Life.™

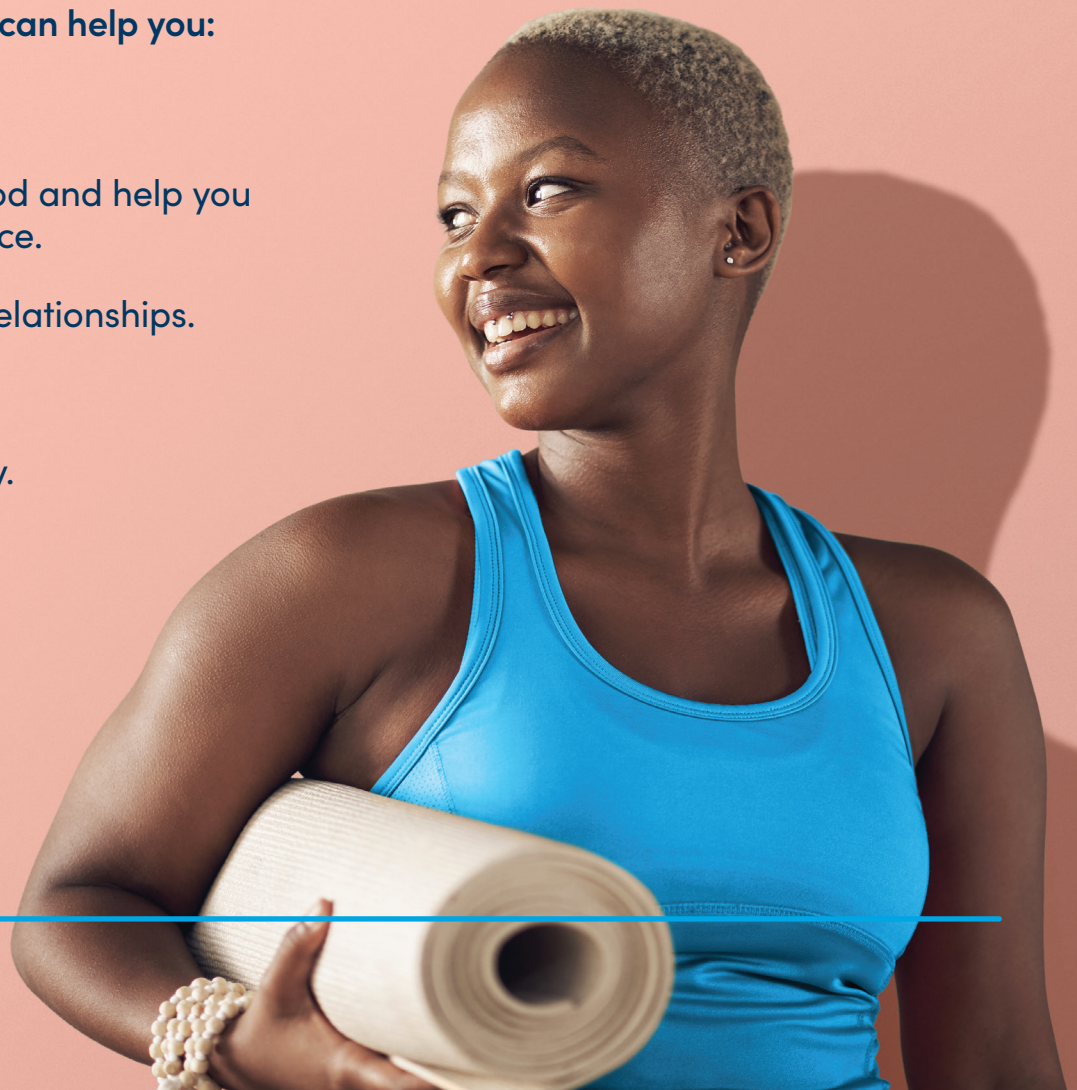
WELLNESS SOLUTIONS

Daily Steps to Less Stress

TALK TO A WELLNESS COACH ABOUT A PERSONALIZED PLAN TO MANAGE STRESS.

Stress management can help you:

- Feel calmer.
- Improve your mood and help you have more patience.
- Strengthen your relationships.
- Sleep better.
- Think more clearly.



Managing stress can help improve your overall health and well-being.

The Daily Steps to Less Stress program was developed to give you a better understanding of what stress is and how it impacts your life. Our wellness coaches will walk you through enjoyable and effective skills for coping with everyday ups and downs. This program can help improve your state of mind, blood pressure, and weight. If you have diabetes, managing your stress can help you gain better control of your health.

Your wellness coach will guide you through many approaches to better manage the stress in your life, including:

- Stress management basics.
- Developing healthy coping skills.
- Relaxation techniques.
- Time management skills.
- Mindfulness activities.
- Building stress resilience.

Call 1-800-650-8442, Monday - Friday, to get connected with a coach, or visit HighmarkHealthCoachBCBS.com to learn more.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。



Because Life.™