BCBS Health Education Podcasts

- Stay calm and protect your mental health by Finding Your Balance
- Tips for a Healthy Fridge & Pantry – Ideas for preparing healthy meals with foods you have on hand
- Try these Relaxation Techniques to keep stress at a minimum and reduce its effects on your life
- Take steps to Limit Tobacco Use during the pandemic
- Keep moving to keep the mind and body healthy - Movement Into Your Day
- Reset yourself with healthy sleep habits - Ten Tips for Better Sleep
- Keep a positive spirit - The Gift of Gratitude
- Learn to eat fresher and healthier foods - Farmers Markets During Covid-19
- Making healthy lifestyle changes? Healthy Habits Begin with Small Changes
- Benefits of Walking – Easiest way to begin exercising? Just walk
- Family Fun Activity can have benefits for your family and for you
- Social Isolation to Social Connection - Tips for feeling more socially connected to others
- What are your motivators? Finding Your Why
- A guide to living with diabetes in 10 Tips for Diabetes Management
- Back to Basics - Ergonomics shows you the best posture and position for sitting and working at your desk
- Una guía para vivir con diabetes en 10 Consejos para el Manejo de la Diabetes
- A guide to living with high blood pressure in Tips for Managing Blood Pressure
- Sit taller with Mindful Posture
- Working the late-night shift? Don’t let the time of day control your nutrition. – Nutrition Tips for Shift Work
- Learn about why staying hydrated is so important with Hydration Basics
- Get ideas on how to get better quality sleep while working night shifts – Sleep Tips for Shift Workers
- Una guía para vivir con alta presión en Manejo de Hipertensión (A guide to living with high blood pressure)
- Return to Office Anxiety: Easing the Transition – Helpful tips to help you adjust to returning to the workplace
- Celebrate mindful eating during the holidays in order to enjoy them with peace and self-care, thanks to these Healthy Holiday Eating tips
- Learn about the benefits of building Resiliency for a happier, healthier life
- Get back on your health track by Re-establishing an Exercise Routine
- As the saying goes, Laughter is the Best Medicine
- Aprenda por qué mantenerse hidratado es tan importante con Conceptos Básicos de Hidratación