

Healthy Living with BHT

Your Business Health Trust February 2017



Find the Care That's Right for You

This month the [Business Health Trust](#) (BHT) explores your own search for wellness. We invite you to join us on this journey to help you create a culture of health at your workplace and at home, whether it's through [mobile apps](#), [infographics](#), [art](#) or other resources from our partners in wellness:

How to Balance Care and Price With RokketMed

There's still time to sign up to learn how you can identify nearby wellness services through the free mobile app [RokketMed](#), which is hosting a webinar at noon February 28. [Sign up today.](#)

Tips to Avoid Surprise Preventive Health Costs

The cost of many preventive services is covered for BHT members insured by Premera. Find out what's covered and what might be worth paying for with this [handy list](#).

Are You a Savvy Health Care Shopper?

Get the high-value care you deserve with help from Washington Health Alliance's [infographics that balance quality, patient experience and cost](#).

Striving for Wellness with Chronic Conditions

BHT members insured by Group Health have access to the free six-week “[Better Choices, Better Health](#)” program for adults with one or more chronic conditions.

Creativity Isn't just for Artists

Learn how tapping into your creativity can benefit you at work and in your personal life at the free Wellspring webinar “[Creativity 101](#)” (website login is “BHT”).

Tools for Seattle Metropolitan Chamber Members

The Seattle Chamber can help its members save on healthy foods and more through its new [Member Savings Toolkit](#).

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