

Healthy Living with BHT

Your Business Health Trust

July 2017



Summer Smoothies and Tips to Manage Stress

What makes an icy cool drink even better in the summer? When it provides you enough nutrition and burst of flavor to fuel your fun summer activities!

Learn tips to [boost your smoothie](#), [track your meds](#), [manage stress](#) and [enjoy the outdoors](#) in the July edition of *Healthy Living* from the [Business Health Trust](#) (BHT). Your wellness is our focus, so please enjoy these links from our partners joining our journey to healthy living:

4 Tips to Give Your Smoothie a Nutritious Boost

Smoothies are a great option for a quick, nourishing beverage to fuel your summer activities. Create your favorite flavor and nutrient content with these [4 Steps to Build a Better Smoothie](#) from Premera Blue Cross.

Brave the Outdoors Knowing Health Care is Nearby

Bug bites and minor injuries don't have to ruin your summer camping trip with nearby health care resources at your fingertips through the free [RokketMed](#) mobile app.

16 Stress Management Hacks

Whether you're jobbing in the "gig economy" or feeling the stress from other aspects of

your life, Kaiser Permanente offers [16 Stress Management Hacks](#) that can help you prioritize your health and wellness.

Bridging the Generational Gap in the Workplace

Each generation brings different characteristics and key motivational factors to the workplace. Explore the commonalities and learn methods to build strong teams in the free Wellspring webinar “[Managing in a Multigenerational Workplace](#)” (website login is “BHT”).

Medicine Tracker Tool Keeps Your Providers Informed

Keep your health care providers informed of your prescription and over-the-counter drugs, vitamins, herbs, dietary supplements and homeopathic remedies with this printable [Personal Medication Tracker](#) from the Washington Health Alliance.

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