

Healthy Living with BHT

Your Business Health Trust

March 2017



Think Positive: Spring is Here!

Spring is now officially here, but how many of you are still struggling with the winter blues? As the days grow longer, sunnier and dryer, it's a good time to remember the important role your mental well-being plays in your overall health and wellness.

This month the [Business Health Trust](#) (BHT) journeys to the brighter side to help you live longer, healthier and simply better. We hope you'll join us as we work together toward creating a culture of health at your workplace and at home with our partners in wellness:

Improve Your Life with Positive Thinking

Learn how to gain control over negative thoughts and turn them into positive thinking – which can help reduce stress, fight depression, build your immunity and increase your life span – in the free Wellspring webinar “[Disrupting Negative Thoughts](#)” (website login is “BHT”).

Your Health Starts with Preventive Care

Do you visit your primary care doctor for annual checkups and other preventive care? If not, Washington Health Alliance explains the benefits of [supporting your health with preventive care](#).

9 Facts on Aging and Depression

Many seniors who are living with depression are not treated, yet the prognosis is good for those who receive care. Here are [9 facts on aging and depression](#) from Kaiser Permanente (formerly Group Health Cooperative) to help emphasize the importance of getting help.

So What is RokketMed Anyway?

If you missed last month's introductory webinar on [RokketMed](#), check out this [short video](#) that explains how the free mobile app can help you identify nearby wellness services.

24/7 Care Available to Premera Members

Not sure if your condition is worthy of a doctor's appointment? For BHT members insured through Premera Blue Cross, try the [24-Hour NurseLine](#) listed on the back of your ID card to speak with a registered nurse who will help you determine where and when to seek treatment

This message may contain confidential and/or privileged information. If you are not the addressee or authorized to receive this for the addressee, you must not use, copy, disclose, or take any action based on this message or any information herein. If you have received this message in error, please advise the sender immediately by reply e-mail and delete this message. Thank you for your cooperation.

To unsubscribe, please send an email with "Unsubscribe" in the subject line to BHT.ins@wellsfargo.com.



Business Health Trust program managed by Wells Fargo Insurance Services – National Wholesale Benefit Practice
999 Third Ave. Suite 4100, Seattle, WA 98104 | 206.731.1316 | BHT.ins@wellsfargo.com



Copyright © 2017 Business Health Trust. All rights reserved.