

# Healthy Living with BHT

Your Business Health Trust

May 2017



## A Healthy Family Supports Your Own Wellness

Join the [Business Health Trust](#) (BHT) on our journey to wellness, which goes beyond physical health into the realm of happiness for you and your family.

In this month's *Healthy Living with BHT*, our wellness partners offer a [webinar](#) with tips to help foster positive mental health in the children and teenagers in your life, along with myriad other resources to help you care for your entire family.

## Help Your Children Get the Care They Need

How do you prepare for your child's visit to the doctor? Washington Health Alliance offers [5 tips to help you make the most of your appointment](#).

## Tips to Make Eating Fun for the Family

Even if your kids sometimes seem like the pickiest of eaters, Premera Blue Cross explains how adding a little more fun to your daily routine can [help you avoid food fights](#) at every meal.

## On the Search for #Happiness

Learn tips to foster positive mental health in children and teens in the free Wellspring webinar "[Raising Well-Adjusted Kids](#)" (website login is "BHT").

## Pediatrics Info for Kaiser Permanente Patients

From immunizations and school physicals to caring for specific health problems, BHT members with children insured through Kaiser Permanente can find what they need on the [Pediatrics page](#).

## Find the Right Treatment with RokketMed

Keep track of your health care costs while searching for the right treatment for you or your family members by using the free mobile app [RokketMed](#).

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](mailto: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](mailto:BHT.ins@wellsfargo.com)



Copyright © 2017 Business Health Trust. All rights reserved.