

Healthy Living with BHT

Your Business Health Trust January 2017



Tips to Ring in a Healthy New Year

Thank you for enrolling in a 2017 benefits plan through [Business Health Trust](#) (BHT), which invites you to support your own health and wellness with the new *Healthy Living with BHT* e-newsletter.

As your health trust, BHT believes that the business community thrives when the whole community is healthy. To help you create a culture of wellness at your workplace and at home, *Healthy Living with BHT* will showcase seasonal health tips, webinars, resources and more from our partners in wellness:

10 Reasons Vaccinations Matter

You already know it's flu season, but Washington Health Alliance reminds us that's not the only reason to [keep your vaccinations up-to-date](#).

Free Flu Shots for Premera Members

Speaking of vaccinations, BHT members insured through Premera have access to [free in-network flu shots](#) through most plans.

8 Ways to Cope with the Winter Blues

Your emotional health also might need a little TLC in the dark days of winter. Get tips from Group Health's [NW Health blog](#).

Find the Right Care at the Right Price

Discover how the mobile app [RokketMed](#) can help you identify nearby wellness services at a FREE how-to webinar at noon February 28. [Please register by February 10.](#)

How's Your Fiscal Health for 2017?

The Wellspring webinar "Maintaining Personal and Fiscal Resiliency During Tough Economic Times" is [available on demand](#) (website login is "BHT").

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