



Company Logo

A LITTLE CARE NOW. LESS WORRY LATER.

[Find Support](#)



Dear [Name],

Staying on top of your health is crucial.

It's true that preventive care is key to overall health. But it doesn't have to be overwhelming. In fact, it can be as simple as stretching at your desk, taking breaks to get up and move around or shutting down your email and signing on to a mental health or mindfulness app. These can all have a big impact on your full health.

Small steps make a big difference.

Lasting change comes from making small tweaks to your normal routine, so you can stay ahead of problems before they arise. When you do this, you can prevent little concerns from becoming larger conditions, which can save you emotional and financial stress down the line. It helps to focus on what works for you. Consider ways to adopt easy, manageable changes into your daily life in any of these categories:

Proactive care

Use company-provided benefits and services regularly and establish trusted relationships with health care providers through annual physicals, early screenings and telehealth check-ins.

Whole-person health

Consider the connection between physical and mental health, and take the time you need to prioritize it, whether through in-network care or self-guided tools.

Healthy habits

Talk to your doctor about which healthy habits — such as easy exercises and healthy snacking — make the most sense for you to start integrating into your routine.

Here's a whole-health example.

Improving mental well-being has been shown to increase a healthy immune response and enhance resistance toward disease.¹



Start small

Not ready to talk it out? Try self-guided meditation apps. Research has shown that they reduce anxiety and depression with regular use.²



Stay strong

The search for the right therapist for you might take a few tries, but you have support. Reach out to HR to ask about available behavioral health services.



Be consistent

Is online therapy easier to fit into your schedule? Research has shown that online cognitive behavioral therapy for depression is at least as effective as face-to-face.³

These three easy tips can help you prioritize your mental (and physical) health.

Getting ahead is as simple as taking the first small step.

[Find Support](#)

¹ Abdurachman and Netty Herawati. "The Role of Psychological Well-being in Boosting Immune Response: An Optimal Effort for Tackling Infection." *African Journal of Infectious Diseases*, Mar. 7, 2019, 54-61.

² Are Meditation Apps Effective? *The Economist*, Feb. 15, 2022.

³ Candice Luo, et al. "A Comparison of Electronically-Delivered and Face to Face Cognitive Behavioural Therapies in Depressive Disorders: A Systematic Review and Meta-analysis." *The Lancet*, June 27, 2020.

© 2023 Blue Cross and Blue Shield of North Carolina. © Marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans. Blue Cross NC is an abbreviation for Blue Cross and Blue Shield of North Carolina. Blue Cross and BlueShield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association. U42668E, 3/23