



**BlueCross  
BlueShield**

Federal Employee Program.

# We're here

## to meet your agency's health and wellness needs!

We offer on-site and virtual activities available to your employees.

**Contact your Blue Cross and Blue Shield Service Benefit Plan representative to schedule your event.**

### Virtual Event Options



Live webinars



On-demand video recordings



Virtual walking challenges



### Wellness Webinars and Videos

Our library of webinars and videos grows every year. We cover a wide range of topics to meet our members' interests and needs:

- Aging
- Breast cancer awareness
- Colon cancer awareness
- Diabetes awareness
- Fitness and goal setting
- Healthy holiday time
- Heart health
- Mental health
- Men's health
- Musculoskeletal
- Nutrition
- Preventive care
- Stress management
- Sun safety
- Women's health

Wellness webinar topics change yearly. Connect with your representative for topics not listed.

## On-Site Event Options



### Wellness Fairs

A wellness fair is an interactive event designed to offer health education and basic biometric screenings (if requested) to employees at their workplace.

- Wellness incentives and promotions.
- Healthy huddles or chats on a wide range of health topics.



### Preventive Screenings

Partner with agency to plan event logistics.

- Health care services, like immunizations and screenings, are performed to check health status and keep employees healthy.
- Preventive care includes measures like cancer screenings, diet and obesity coaching and more.



### Education Workshops

- **Blood Pressure Academy:** Screenings and education provided on blood pressure guidelines and ways to manage blood pressure through lifestyle choices.
- **Ergonomics:** Training to prevent injury in the workplace, reduce physical pain, add daily stretching at work and more.



### Walking Events

Walking for fun and fitness can help reduce stress, increase balance, improve mental health, flexibility and overall quality of life.\*

\* Walking: Trim your waistline, improve your health. Mayo Clinic. 2024.

