

# 2018 ONLINE SEMINARS

Online seminars are a quick and easy way to learn something new to help you get and stay healthy. A new online seminar is available each month and can be completed in just 10-15 minutes. View anytime, anywhere when it's convenient for you! All you need is an internet connection.



## JANUARY

### Your Guide to Buying Food Online

Tired of long lines at the supermarket? These days, groceries or entire prepared meals can show up at your door. Learn what your options are and how to make healthy choices — without wrecking your budget.



## FEBRUARY

### The Healthy Side of Fats

Fats are complicated. There are healthy fats and unhealthy fats. Learn the latest on which fats you should be eating for their health benefits.



## MARCH

### Mindful Eating

How often do you eat something just because it's there? Mindful eating can help you be in control of your eating habits. With simple mindfulness techniques you can acknowledge healthy eating choices and appreciate meals as healthy fuel for your body and brain.



## APRIL

### Real World Time Management

Life simply gets in the way when you're trying to get work done. This seminar offers practical time management techniques to help you deal with an overflowing inbox and a demanding family life.



## MAY

### Take It Outside for Better Health!

Spending time outdoors is good for both the body and the brain. Learn why being outside may help you burn more calories, reduce stress and even sleep better.



## JUNE

### A Healthy View of Body Image

The way people are portrayed in the media often doesn't reflect how most people really look. Learn how to develop a healthy body image through positive thinking combined with good nutrition and exercise.



## JULY

### Your Pet and Your Health

Taking Fido out for a walk does more than simply exercise your dog. Learn how owning a pet may help reduce stress, boost activity and provide other health benefits. This month's seminar explores the unexpected value of having pets.



## AUGUST

### Don't Let Stress Mess With Your Diet

High levels of stress can derail even the best efforts at weight loss. In this seminar, we explore ways to stick to your weight loss plan while combatting daily stressors.



## SEPTEMBER

### Your Fall Fitness Guide

Just because nights are getting cooler and days are growing shorter, you don't have to move your workout indoors. Explore fun ways to stay safe and active as summer turns into autumn.



## OCTOBER

### Healthy Makeovers for Fall Favorites

Fall brings thoughts of our favorite comfort foods. These foods tend to be high in fat and calories. This seminar will show you how to slim them down while still keeping their great flavor.



## NOVEMBER

### Reduce Holiday Travel Stress

Thanksgiving is still days away but do you worry that your holiday is going to turn into a travel nightmare? This seminar will explore ways you can stay sane and healthy during this hectic travel season.



## DECEMBER

### Keeping Your Resolutions

You've been here before. A new year is at the door with a new set of healthy lifestyle resolutions. But you've learned that it takes more than sheer willpower to make them happen. This seminar looks at practical, do-able ways to ensure that your resolutions work for you this coming year.

#### TO FIND THE ONLINE SEMINAR:

1. Go to [azblue.com](http://azblue.com)
2. Login to MyBlue
3. On the left, click "Health and Wellness"
4. Click on the PICTURE of the weights, salad and scale (right side)
5. At the top of the page, under "Member Resource Center" click on "online seminars"



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