

Blue Cross[®] VIRTUAL WELL-BEING

March well-being assignments

Each month, we're going to give you two or three ways to improve your well-being. You can do one or all of them — it's up to you. Use the check boxes to keep track of your completed tasks. This month's assignments are:

Read a book for fun.

Work out at least three times a week.

Try two new things — a sport, food, hobby, piece of music or skill.