## Blue Cross® VIRTUAL WELL-BEING



## January well-being challenges

Each month, we give you small ways to improve your well-being. You can do one or all of them— it's up to you. This month's challenges are:



Read a book this month. Try a new-to-you author or genre

Make your preventive visit appointments for 2021. Don't forget the dentist and eye doctor.





Go outside for at least 5 minutes every day this month.