

January 2021 Wellness Champions



New Year, New You!

Happy New Year! It's that time of year again when we make New Year's resolutions. As you think about the areas of your life that you would like to improve, keep some healthy resolutions in mind. Maybe 2021 is the year that you quit smoking, get in shape or commit to living a healthy lifestyle!



Are you and your coworkers interested in some good deals that may help meet your goals? [Blue365](#) offers premier health and wellness discounts and is free to join for State Health Plan members. A variety of discounts are available and include:

- **Apparel & Footwear:** Save on Reebok and Sketchers brands
- **Fitness:** Enjoy flexible access to gyms and studios, online workouts, virtual personal training, guided meditations plus discounts on Fitbit, Garmin and Polar products
- **Hearing & Vision:** Save on the cost of an eye exam or insurance copay, frames and vision products, see the Ray-Ban 50% off authentic prescription lenses offer and check out offers for a free hearing screening plus great discounts on hearing aids
- **Home & Family:** Find deals on vitamins and supplements, pet supplies and pet insurance, loans, health and wellness products and Apple Music

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- **Nutrition:** Enjoy savings on Nutrisystem, Jenny Craig and Sun Basket products, fruit and vegetable delivery, vegan groceries, and healthy Cajun spices and seasonings
 - **Personal Care:** Save on mindfulness-based courses, Dental Solutions through a network of dentists, oral care products, medication management apps, medical alert jewelry, skin care products and Philips Norelco grooming products
 - **Travel:** Save on hotels, car rental and vacation activities

Go to [Blue365](#) discounts to see all of the offers and details. Please note: discounts offered change periodically and login or creation of an account may be necessary.

Please share this information with your coworkers and make 2021 the year that you create a fabulous new you!

Wellness Champions Survey

To prepare for the new year, we would like to collect some information to help us better understand your wellness program needs for 2021. Please complete this short [survey](#). Thank you!



**Slow-Cooker Lentil
Carrot & Potato Soup**

**Tips for Long-term
Exercise Success**

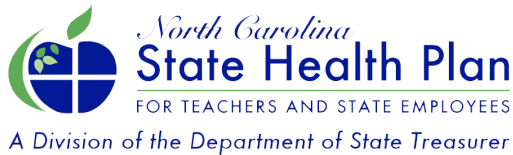
[Get the Recipe](#)

[Click for the Tips](#)

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Questions?

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