

Wellness Tip: Staying Healthy While Social Distancing

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. There are several resources available to CareFirst members through the Blue Rewards program, even if you are practicing social distancing or staying at home.

Let CareFirst guide you through your own wellness program, including customized insights, challenges and compatibility with wellness trackers. For instructions on how to get started, please refer to our Blue Rewards flyers on our [employee website](#).



Catering to Your Unique Health and Wellness Goals

- Personal Health Timeline**
 Receive customized insights, tools and services based on your interests.
- Trackers**
 Connect wearable devices to monitor sleep, steps, nutrition, biometric values, stress and more.
- Challenges**
 Having trouble staying motivated? Join a challenge to make achieving your health goals more entertaining.
- Health Profile**
 Access your important health data like your biometric information, vaccine history, lab results and medications.

[Get Started!](#)

In addition to these CareFirst member resources, there are still several ways you can stay active at home. See below for some activities you can do anywhere! Be sure to follow the recommended exercise guidelines for adults and children [here](#).

- Check with your local gym to ask if they will be live streaming your favorite classes
- Tap into the variety of online fitness videos on YouTube
- Try one of the streaming fitness classes from [Planet Fitness](#)

Stay safe and healthy!