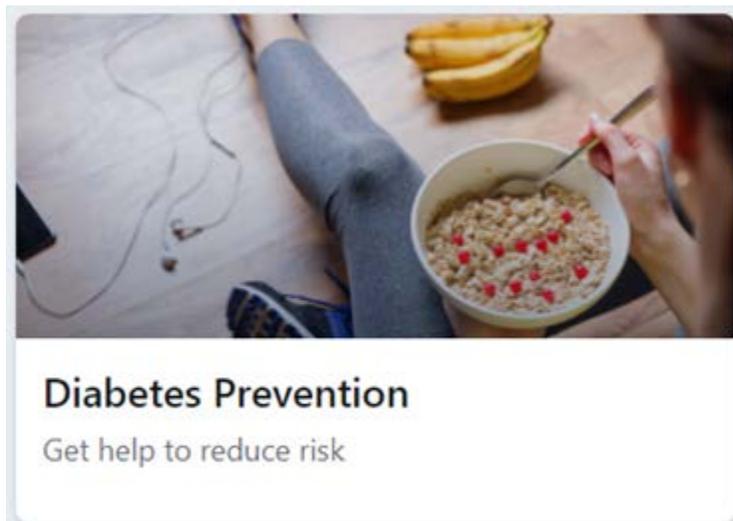


## Wellness Tip: Eating Healthy

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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.

Being at home can make nutrition easier for many, but for many it creates more challenges. For example, having access to foods or snacks that you otherwise would not have if you were at work or the fact that you are making and consuming additional meals and snacks for children that typically children would be eating at school. How do you prevent overeating when your routine isn't normal? We have included resources to help keep you on track while implementing social distancing.



- Create a meal plan – include all meals and snacks
- Keep the foods most accessible healthy, i.e. fresh fruit and vegetables that children can grab and go.
- Make it a family activity!
  - [PBS – Cooking with Kids](#)
  - Food Network – [Family & Kids: Cook Together. Eat Together](#)
- Check out these quick and healthy options!
  - Food Network – [Healthy Cooking Every Day](#)
  - [MyPlate.gov](#) has healthy recipes that can be filtered to find just what you need and even create your own cookbook with the recipes you choose!

For more healthy eating information for all ages, check out [EatRight.org](#).

If you are at risk for Diabetes, Scale Back is here help! Available to CareFirst members through Sharecare, is Scale Back, a 12-month program consisting of:

- 26 interactive lessons
- Support and guidance from a personal health coach
- Tools and resources for your weight loss success—including a free digital scale
- Encouragement from fellow group members who, like you, are on a journey to better health
- Fully participate in 2 sessions over 4 weeks, you can receive a free Fitbit to help you easily track your physical activity, sleep patterns and more.

To access, login to your [CareFirst Wellness Portal](#) today! Not registered, [click here](#) to check it out! More details on Scale Back can be found on our employee website [here](#).