

Health Insurance

BIAW Did you know?

Tip of the Month

Last month, the BIAW Health Insurance Tip of the Month took a closer look at one of the Online Programs offered to Regence BlueShield members through Regence Engine—The Weight Loss Program. But with so many program choices, why stop there? This month we'll give you a sneak peek at the Stress Relief Program.

In our busy and fast paced world, stress seems to be a fact of life and with the Holidays right around the corner it can feel like an ever present enemy. But did you know that stress not only affects your state of mind but can have serious negative effects on your health as well? Luckily there are ways to reduce and manage it. The Stress Relief Program will give you the tools, support and advice you need to manage daily stress.

The program will help you:

- Learn about the effects of stress on your health
- Practice new techniques to help you ward off daily stressors
- Learn how to manage stress in the workplace

Each week your program homepage will provide you with an achievable goal and a To-Do list. Regular e-mails will remind you to stay on track.

To find out more about the online programs offered through Regence Engine, or to begin the Stress Relief Program now, log on at www.wa.regence.com/member/ and select "Programs" under the "My Health" tab.