**EHA Wellness – February 2022 Blurbs**

Below are short “blurbs” that you can use to promote a variety of upcoming EHA Wellness challenges and programs. Feel free to use in newsletters, on your website, or anywhere that you think might help get the word out! You are also welcome to add text or edit to make them your own.

February 1

Did January fly by? Let February be another chance to kick start healthy choices for 2022! There is still time to register for *Money Matters* through EHA Wellness. Take time this month to commit to learning more about how you can get your finances in order to help reduce your stress. Register today (through Feb. 5) at [www.ehawellness.org](http://www.ehawellness.org).

February 8

**Take a mindful minute and answer these questions:** 1. What are you doing right now? 2. What are you thinking right now? 3. How are you feeling right now? If the answers to #1 and #2 were the same, chances are the answer to #3 was that you are feeling pretty good. The research shows that when are thinking and doing the same thing, we experience more happiness – something we can all use a little more of in our daily life. Do this several times a day to give yourself a moment of mindfulness – your mind, body and those around you will thank you!

February 15

Share a little of that Valentine’s Day love the rest of the month by telling others why you are grateful for them. Or, start a group text or email sharing your thankful thoughts with others each day. You’ll be surprised at how good it makes you (and those around you) feel. Gratitude changes everything!

February 22

Need a little help managing your stress/emotions/anxiety? Could you use some guidance to get better sleep? Register for your FREE subscription to the Headspace app today and check out all of the resources for improving wellbeing. Click [HERE](file:///C:\Users\Linda\Documents\My%20Documents\EHA\Online%20Programs\2020-2021%20Online%20Programs\Blurbs\work.headspace.com\eha\member-enroll) to sign up today (you’ll need your EHA Code).

**NOTE to reps: If the hyperlink in the above text doesn’t work, the actual link is:** work.headspace.com/eha/member-enroll

**Extra Blurb**

**NOTE: The following blurb promotes the Population Health program through BCBS that is offered to staff who are on the BCBS EHA health plan. Send out or post if it works!**

Are you on the EHA health plan through BCBS? If so, you can access your personal nurse health coach! Your health – your way! Everyone needs a little help now and then meeting their health and wellness goals. EHA Population Health can help! With this program, you are connected to a nurse health coach who can help you meet your weight goals, blood pressure management, quit smoking, lower your risk of diabetes, and much more! Visit [EHA Population Health](http://www.nebraskablue.com/ehapop) to learn more.