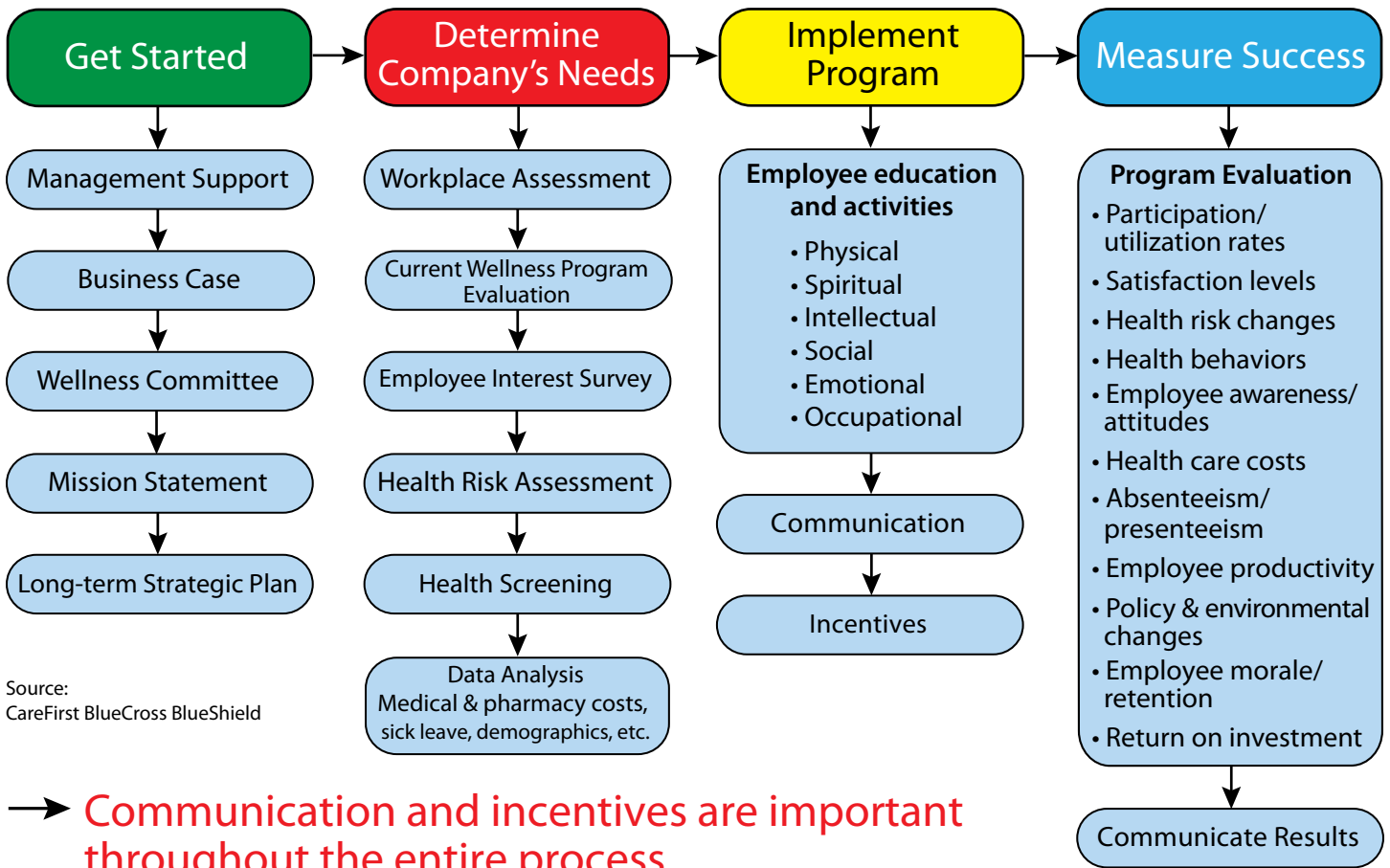


Wellness Strategy



Continue the learning online

There are lots of free resources out there – especially online. One good place to start is the CareFirst BlueCross BlueShield workplace wellness website, www.carefirst.com/workplacewellness. This website contains step-by-step information on how to formulate and deliver a wellness strategy. In addition, MyCareFirst.com is a wellness website that offers an online library full of information on a large selection of health topics, health risk assessments, wellness tools, healthy recipes, and much more. And, you do not have to insure with CareFirst in order to access these valuable online resources.

