

BCBS Health Education Podcasts

BCBS Behavioral Health Member Videos

Ergonomics and Musculoskeletal	
Connect With Your Core - TX for a strong foundation in daily movements. 	Learn some joint protection tips with Healthy Joint Mobility - TX 
Upper Body Mobility - TX can help prevent injury and keep your joints healthy. 	Keeping your hips healthy is not only good for the hip but other areas of the body - Maintaining Healthy Hips - TX 
Sit taller with Mindful Posture 	
Health Conditions	
A guide to living with high blood pressure in Tips for Managing Blood Pressure 	Una guía para vivir con alta presión en Manejo de Hipertensión (A guide to living with high blood pressure) 
Learn about cholesterol guidelines and ways to improve your numbers in Managing Your Cholesterol 	Una guía para vivir con diabetes en 10 Consejos para el Manejo de la Diabetes 
4 Things You Should Know to Live a Healthy Life with Diabetes provides practical tips and lifestyle changes you can put in place. 	Learn about lifestyle changes you can make to reduce your risk or better manage Metabolic Syndrome . 

Nutrition

Learn tips and tricks for
[Healthy Eating on a Budget](#)



Learn ways to improve your [Gut Health](#)



Celebrate mindful eating
during the holidays in order
to enjoy them with peace and
self-care - [Healthy Holiday
Eating tips](#)



Physical Activity

Get back on your health track
by [Re-Establishing an Exercise
Routine](#)



Keep moving to keep the mind
and body healthy - [Movement
Into Your Day](#)



[Benefits of Walking](#) – Easiest
way to begin exercising? Just
walk



Preventive Care

Learn about why staying
hydrated is so important with
[Hydration Basics](#)



[Partnering with your PCP](#) can
help you receive personalized
health care.



Aprenda por qué mantenerse
hidratado es tan importante
con [Conceptos Básicos de
Hidratación](#)



Learn how to keep one of the
most important organs in your
body healthy with [Brain Health](#)



The Men's Health Tune Up Tips podcast looks at small steps you can take to greatly improve and protect your health. 	The What You Should Know to Reduce Your Risk for Cancer discusses screening guidelines, vaccinations, and healthy lifestyle behaviors that may reduce your risk for cancer. 
Learn steps you can take to reduce inflammation with Fighting Inflammation. 	
Tobacco Cessation	
Tips to Quit Tobacco use. 	

Physical and Mental Wellbeing

Learn about the science behind, importance of, and recommendations to improve your quality sleep with [Sleep Health](#).



Learn the signs, symptoms, and consequences of [Substance Abuse](#) and how to get help for yourself or someone you love.



Set [Successful S.M.A.R.T. Goals](#) to help clarify your ideas, focus your efforts, use your time and resources productively, and increase your chances of achieving what you want in life.



What are your motivators? [Finding Your Why](#)



Get tips to feel secure in your financial future and make choices that let you enjoy life with [Financial Wellbeing](#)



As the saying goes, [Laughter is the Best Medicine](#)



Keep a positive spirit - [The Gift of Gratitude](#)



Get ideas on how to get better quality sleep while working night shifts – [Sleep Tips for Shift Workers](#)



Learn how to [Bounce Back with Resilience](#) for a happier, healthier life



Learn tips and tricks for [Managing Menopause](#).



Try these [stress management techniques](#) to lower your stress.



Learn about the [Importance of Social Wellbeing](#) for your overall health.



Use this [self-care meditation](#) to help you lower your stress.



Discover how to find harmony between your work and personal life with [Work-Life Harmony](#)



Practique estas técnicas para disminuir el estrés – [Técnicas Para Controlar El Estrés](#)



Mantenga una actitud positiva - [El Regalo De Gratitud](#)



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Links and QR Codes

Medications	Mental Health	Substance Abuse	Animated Follow Up
TX Email Link 	TX Email Link 	TX Email Link 	Link - TX 