

QUARTER I: Being Productive

Click the [blue](#) text below for additional information.

By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.

And click [here](#) for more info on Healthy Habits and Quarterly Campaigns.

Healthy Habit of the Month: **TOP PRIORITY**

Did you set your #1 priority today?

Health Observances: [Martin Luther King Jr. Day](#) (January 15)
Blue Cross VT or Local Events



JAN



FEB

Healthy Habit of the Month: **GO FOR YOUR GOAL**

Did you take steps towards achieving your goals and Key Performance Indicators (KPIs) today?

Health Observances: [American Heart Month](#) • [Blue Cross VT's Snow Days](#)



MAR

Healthy Habit of the Month: **MINDFUL MINUTE**

Did you take a minute to pause and be mindful today?

Health Observances: [National Nutrition Month](#)



Journey: **MAXIMIZE PRODUCTIVITY AND BALANCE**

Struggling with a never-ending to-do list or looming deadlines? Being able to manage your time well can transform your life, both at work and at home. Get insights and tips to help you improve your time management skills.

HEALTH AND WELLNESS GOALS:



Reaching a personal health goal starts with a single step.

[Journeys](#) are daily, self-guided courses to help you build healthy habits.

Questions? Email BeWell@bcbsvt.com or click [here](#) for more information.

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