

QUARTER 2: Social Connection

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: **BE EMPATHETIC**

Did you try to see a situation from someone else's perspective today?

Health Observances: [Stress Awareness Month](#) • [National Financial Literacy Month](#)

Journey: **MAKE TIME FOR PLAY**

APR

MAY

Healthy Habit of the Month: **BE KIND**

Did you perform an act of kindness today?

Health Observances: [Mental Health Awareness Month](#)
[World Day for Cultural Diversity](#) (May 21) • [Blue Cross VT's Mountain Days](#)

Journey: **CHOOSE A NEW ATTITUDE**

JUN

Healthy Habit of the Month: **PHONE AWAY**

Did you put your cell phone away for dinner?

Health Observances: [Juneteenth](#) (June 19) • [Pride Month](#)

Journey: **FIND YOUR FOCUS**

Kicking off in April: **WORLD AT PLAY DESTINATION CHALLENGE**

This is a step-based challenge where players virtually travel across an interactive map, unlocking destinations as they go.

The world is your playground! On this trek around the globe, discover the many creative ways people enjoy spending their leisure time, from fly fishing in Argentina to making music in Trinidad and Tobago.

Get your activity in – There's something eye-opening waiting for you at each new stop.

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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