

## Plan for Health: June 2022



**This month's highlights include Blue365 Discounts & Sharecare's Financial Health Feature.**

### Blue365 Discounts

Did you know you have access to discounts through your medical plan? Blue365 offers great savings on all the things you need for a healthy lifestyle. Save on products in each of the following categories:

- Apparel & Footwear
- Fitness
- Hearing & Vision
- Home & Family
- Nutrition
- Personal Care
- Travel

### Deal Spotlights:

**Sunbasket:** A meal-delivery service that features carefully sourced meats, sustainable seafood, and organic fresh produce. Choose from easy-to-cook meal kit recipes and fully prepared fresh and ready meals. Plus, check out ala' carte options for breakfast, lunch, and snacking. Receive 50% off your first order, plus 1 free gift and 10% off your next 12 orders.

**LasikPlus:** LasikPlus is a leader in laser vision correction services. For a limited time, you can save \$800 when treated by **12/31/22**.

**eMindful:** Save 50% on eMindful's mindfulness solution, eM Life, with programs that have proven to help with anxiety, parenting, sleep improvement, weight loss, managing financial stress, and more. eM Life includes unlimited access to live, expert teachers, with interactive, online mindfulness sessions. Sessions are available multiple times throughout the week, as well as hours of on-demand content. Programs are available in English, Spanish, and French Canadian. This is a limited time offer that ends **June 30, 2022**.

The Blue365 Deals membership is free, and discounts are always changing and expanding. It's exclusively for members, so make sure to have your medical ID handy when you sign up. Register here and start saving at: <http://www.Blue365deals.com>.

### Sharecare's Financial Health Feature

Many people have concerns about their finances. Financial stress can have a negative impact on physical, emotional and mental health. It's also one of the single most important determinants of overall health. Sharecare's financial health features are designed to help members assess and address the causes of financial stress and risk in their lives. Take the Financial Health Assessment, located under the "You" Icon. After completing the assessment, you'll get educational content on the connection between health and finances, healthy budget practices and insights and risk ratings in five categories:

- Retirement
- College Savings
- Debt
- Emergency Life Savings
- Life Insurance

### Sharecare Featured Challenge

Join the **Find Time for Fitness Challenge** this June. Track for 21 days that you completed a 30-minute daily workout throughout June to complete the challenge! **Beginning on 5/25**, join the challenge by clicking on **Achieve → Challenges → Find Time for Fitness**.

**Plan Ahead:** Join us next month for July's health topic: **Paint Your Plate**