



# 2019 Wellness Calendar

Horizon Blue Cross Blue Shield of New Jersey offers monthly motivational Wellness Messages and Wellness Webinars on popular health topics to help our members get and stay healthy.

## January

**Topic:** Cell phone addiction  
**Webinar:** January 9

## February

**Topic:** Heart health  
**Webinar:** February 13

## March

**Topic:** Nutrition fads and fiction  
**Webinar:** March 13

## April

**Topic:** Going vegetarian  
**Webinar:** April 10

## May

**Topic:** Mental health  
**Webinar:** May 8

## June

**Topic:** Benefits of exercise  
**Webinar:** June 12

## July

**Topic:** Gut health  
**Webinar:** July 10

## August

**Topic:** Back health  
**Webinar:** August 7

## September

**Topic:** Flu prevention  
**Webinar:** September 11

## October

**Topic:** Breast cancer  
**Webinar:** October 9

## November

**Topic:** Diabetes  
**Webinar:** November 13

## December

**Topic:** Managing stress  
**Webinar:** December 11

Talk to your account manager about getting each month's Wellness Message and invite for the Wellness Webinar.

Wellness information is created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2018 Horizon Blue Cross Blue Shield of New Jersey, Three Penn Plaza East, Newark, New Jersey 07105.

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