

## Meet Bill Swanson

Bill is stressed out at work, he had to pick up dinner and traffic is gridlocked. Sound familiar? It's time to take advantage of HealthMedia® Relax™.

Do you feel stress from work, school, family, health, relationships, or finances? Do you experience stress-related symptoms like headaches, irritability or sleep problems? Relax can help you cope with daily stress. Relax will look at your sources and symptoms of stress and develop a personal stress management plan just for you.

Relax understands your unique issues with stress. Once you fill out the online questionnaire that addresses your sources of stress, your stress-related symptoms and your current coping techniques, a unique personalized plan is developed that will provide you with personalized strategies to help you successfully cope with the stress in your life.

Relax also helps you deal with trouble spots and provides additional support. This revolutionary stress management program can give you the tools you need to manage your response to stressors.

Log on today to get started with Relax. Please take advantage of the opportunity to learn effective strategies to manage your stress. The sooner you begin, the sooner you will be on your way to improving your health.

### About HealthMedia's Healthy Lifestyle Programs

In addition to the Relax program, HealthMedia offers programs for nutrition, weight management, smoking cessation, and back pain prevention and care. These programs start by learning about you, and create a personalized plan for you that is as unique as your fingerprint. When you decide to take the step to take control of your health, HealthMedia's programs can give you the tools you need to achieve your goals.



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#### GET STARTED ON THE PATH TO SUCCESS.

- Go to [www.highmarkbcbs.com](http://www.highmarkbcbs.com).
- Complete the login process, entering your user name and password.
- If you do not have a user name and password, create one as instructed.
- Click "Your Health."
- Click "Improve Your Health."
- Choose HealthMedia Relax.

