



www.rsa-al.gov • email: peehipinfo@rsa-al.gov • Ph: 877.517.0020



July 15, 2020

All PEEHIP members still have access to *Choose Well, Live Well*, a personalized wellness program. You can still participate in all coaching options including Sharecare's RealAge® Program, Blue Cross Blue Shield of Alabama Disease Management Coaching, Pack Health, and Naturally Slim. Your PEEHIP-specific Sharecare platform which includes the RealAge® Program will no longer be available after **September 30, 2020**.

The Sharecare Health Promotion Specialists will continue to host monthly webinars. Ten randomly selected members who attend each webinar will receive a prize! Check out the HPS Blog for wellness tips at <https://choosewellpeehip.com/hps/blog/>.

Upcoming *Choose Well, Live Well* Webinars

Sharecare will be offering three webinars this month. The days and times of the webinars this month are below.

Emotional Wellness: Recognizing Depression and Anxiety

This webinar will discuss recognizing, managing, and overcoming depression and anxiety. We will discuss tools and resources that can be used to help overcome depression and anxiety. We will also briefly discuss updates to the PEEHIP *Choose Well, Live Well* program.

◆ **Thursday, July 16, 2020: 2:00- 2:30 p.m. (CST)**

◇ [Emotional Wellbeing Wellness Webinar](#)

Building Emotional Strength: Positivity, Productivity, and Self-Awareness

This webinar will show you how to let positivity, productivity, and self-awareness guide you towards becoming the best version of yourself. We will discuss setting boundaries and routines, optimizing your work time, maintaining relationships, and establishing healthy habits. We will also provide a brief overview of your *Choose Well, Live Well* program.

◆ **Tuesday, July 28, 2020 10:00-10:45 a.m. (CST)**

◇ [Building Emotional Strength Wellness Webinar](#)

◆ **Thursday, July 30, 2020 3:00-3:45 p.m. (CST)**

◇ [Building Emotional Strength Wellness Webinar](#)

Please register for one event as all registered attendees will receive a link to the webinar recording after the session, to view at your own convenience. Questions? Please email peehip.hps@sharecare.com.

Statement of Nondiscrimination: PEEHIP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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