

LET'S GET DIGITAL!

2024 Cook County Employee Virtual Health Fairs • June 5 & 12



Log in and lean into this year's exciting virtual health fairs webinars. Take charge of your total health by joining sessions focused on financial management, physical health, mental well-being, and retirement.

WEDNESDAY, JUNE 5



Exercise for a Healthier You
Blue Cross Blue Shield of Illinois
11:00-11:45 a.m.

Discover the benefits of exercise, effective fitness planning, stretching, aerobic activity, and strength training, including budget-friendly home workouts and tips for fueling and hydrating.



Financial Wellbeing
Blue Cross Blue Shield of Illinois
2:00-2:45 p.m.

Finances top the stress list for all ages, with 62% of Americans stressed about money regularly (American Institute of Stress, 2019). Tackle your financial freedom with tips on how to manage your short- term long-term financial goals.

WEDNESDAY, JUNE 12



Staying Mentally Healthy with Technology
Blue Cross Blue Shield of Illinois
11:00-11:45 a.m.

Technology is evolving the way we engage efficiency and time management. This class explores the positive and negative impacts of technology on mental health and offers tips for fostering a healthy tech relationship.



Health Care – Plan for Cost in Retirement
Nationwide® Retirement Solutions
2:00-2:45 p.m.

Learn how to plan for your retirement's biggest expense with insights from Nationwide®. Discover the impact of health care costs on your income, what Medicare covers, and how to prepare with personalized estimates from Nationwide®. Start planning today for a secure and worry-free retirement.



Stay connected to your myHealth Connections community through Facebook.
Health tips and tools, health fairs updates, community support and much more!

www.facebook.com/groups/Myhealthconnections



BlueCross BlueShield
of Illinois

PLEASE NOTE: Photography, video recording, and audio recording may occur at the Cook County Health Fairs. By attending, you consent to photography, audio recording, video recording and their release.