



**BlueCross BlueShield**  
of Vermont

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Health Kit | **February 2021**

## Hello!

Here is your Health Kit for February 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

As a result of the COVID-19 pandemic, more people are working from home, and in turn, more family members are now caring for their loved ones. This month's Health Kit provides tips and strategies to help caregivers develop healthy habits to maintain their own health and well-being while caring for others.

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### Poster

This month's poster, Self-Care for Caregivers, lists easy ways you can care for yourself so you can better care for others.

[Download Poster](#)

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### Brain Game

Complete this word scramble to reveal phrases for dealing with caregiver stress.

[Download Game](#)

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## Recipe

These energy balls are the perfect healthy, go-to snack!

[Download Recipe](#)

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## Short Video

Watch this short video to learn about caregiver stress.

[Watch Video](#)

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## Podcast

Listen to this month's podcast for tips and strategies for caregiving during a pandemic.

[Listen](#)

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## Additional Information:

[For More Information on Caregiving During a Pandemic](#)

## Coming up...

Tune in next month for information on ergonomics in the office and at home.



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