



Hello!

Here is your Health Kit for March 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, many people are now working from home – but whether you're working in an office or sitting at the kitchen table, practicing good ergonomics is key to avoiding discomfort and pain. By spending a few minutes assessing your workspace, you can avoid the stress and strain on your body. This month's Health Kit provides tips and strategies to help you maintain good ergonomics while working from home.

Poster

Make the most of your home office with the tips in this month's poster,
The Do's and Don'ts of Home Ergonomics.

[Download Poster](#)

Brain Game

Complete this crossword to find clues associated with ergonomics.

[Download Game](#)

Recipe

Check out this month's recipe for a healthy twist on chocolate pudding.

[Download Recipe](#)

Short Video

Watch this short video for a demonstration on best practices for computer usage.

[Watch Video](#)

Podcast

Listen to this month's podcast to learn how you can create a more ergonomic work-from-home space.

[Listen](#)

Additional Information:

[For More Information on Ergonomics](#)

Coming up...

Tune in next month for information on virtual connections.



An Independent Licensee of the Blue Cross and Blue Shield Association.