Subject line: **Staying healthy during the pandemic**

HEADER

**Caring for your body can boost your mood**

These days, it’s not surprising we’re feeling stressed and out of sorts. Make it a priority to eat well, exercise (even a short walk can lift your spirits), and get enough sleep. Taking care of your body can also help lift your mood.

Your Blue Cross & Blue Shield of Rhode Island (BCBSRI) wellness program has resources that can help—including new guides to eating well and improving sleep.

**Nutrition Guide -** Whether you’re a healthy eater or dessert fanatic, you can receive personalized tips, meal plans, recipes, and tools to help you improve your eating habits.

**Sleep Guide -** Select a sleep profile, get customized tips, and see all of your sleep data in one place.  The more you track and sleep, the better you’re likely to feel.

**Follow these steps to access the guides and get started:**

* Log in to your account on Virgin Pulse
* Click “Programs”
* Select “Nutrition Guide” or “Sleep Guide”

[Log in at https://iam.virginpulse.com/](https://iam.virginpulse.com/)