



## Connect. Learn. Interact.

Our social channels are a great hub for nutrition, physical and mental wellbeing tools and tips. We also offer direct access to our health experts with live Q&As on various topics. Connect with us today!



At Blue Cross and Blue Shield of Louisiana, we bring our care team right to your social media feeds. Our registered dietitians, nurses, medical doctors and pharmacists are here to answer your questions and help you live your best healthy life.

### Check out some of our current series below:

#### Direct from the Doctors

Our clinicians tackle a variety of topics like annual wellness visits, immunizations, age-appropriate health screenings, and current events that may affect your overall health. Join live to have our experts answer your questions in real time.

#### Motivated Mindset

Our behavioral health specialist teaches you to prioritize your mental health in times of stress by staying positive and building a balanced, healthy mindset. Learn best practices to understand stressors and how best to cope with them.

#### Romaine Calm & Carrot On

Our registered dietitians are here to help you make better choices that lead to creating healthy habits in your day-to-day life. Learn healthy eating advice and grocery shopping guidance in fun and engaging ways for the whole family.

