

BSWBeWell

Monthly



Go take a hike!

Looking for an outdoor adventure this summer? Hiking is a great way to add a little fun to our everyday lives, helping us reconnect with nature and each other.

[Read more](#)

Save the date!

#WebinarWednesdays

On the first Wednesday of every month, join us online at 11:00 AM for a free wellness webinar.

July 9, 2025

Cool for the Summer:

Summer safety and wellness

RSVP

August 6, 2025

National Wellness

Month

RSVP

September 3, 2025

Prostate Cancer Awareness

Month

RSVP



Walk with a Doc

Want to get outside while getting to know a doctor? The monthly Walk with a Doc series is for you.

After a brief talk by a featured physician, participants will walk around an area park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs.

Temple

Miller Park (1919 N 1st St. Temple, TX 76501) on the third Saturday of the month

- July 19 at 9:00 AM
- August 16 at 9:00 AM
- September 20 at 9:00 AM

Killeen

Purser Family Park (100 Mountain Lion Rd, Harker Heights, TX 76548) on the first and third Sunday of the month.

- July 6 and 20 at 8:00 AM
- August 3 and 17 at 8:00 AM
- September 7 and 21 at 8:00 AM

Dallas

Juanita J. Craft Recreation Center (4500 Spring Ave., Dallas, TX 75210) on the third Wednesday of the month

- July 16 at 10:00 AM
- August 20 at 10:00 AM
- September 17 at 10:00 AM

Lubbock

Miller Park (3602 Memphis Dr. Lubbock, TX 79423) on the first and Saturday of the month.

- July 5 at 10:00 AM
- August 2 at 10:00 AM
- September 6 at 10:00 AM

More walks with more docs

July is National Park & Recreation Month!

Celebrate National Park and Recreation Month by getting outside with friends, family or for some alone time.


Parks let us reconnect with ourselves, our nature and our community.

Remember: Celebrate the month safely. Stay hydrated, wear sunscreen and play in the shade as often as possible.

Read more



See what else your health plan can do.



BaylorScott&White Health Plan

BSWBeWell™ coaching

Making positive change for your health can be difficult for everyone, but you don't have to do it alone.

The **BSW Be Well Coaching** program offers a one-on-one coaching experience tailored to fit your needs and help you achieve your personal best.

You will be assigned a coach to guide you through the virtual, 7- to 16-week, curriculum-based program of your choice.

Nutrition management can help you better understand your health needs by:


- Creating healthier habits
- Improving your diet
- Getting motivated to move more

Stress Management can help you manage and reduce your stress by:

- Sharpening your communication skills
- Learning how to positively problem-solve
- Optimizing and prioritizing your time

Tobacco Cessation can help you gain a deeper understanding of tobacco use dependency by:

- Identifying your unique patterns and routines
- Learning about the negative outcomes of tobacco use
- Discovering the impact of tobacco use on your finances



BSW Be Well Coaching is offered to Baylor Scott & White Health Plan group members at no additional cost. Taking part in the program gives you access to helpful resources, educational videos and a system of accountability.

Your participation in this program is confidential and will not be disclosed to your employer.

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Your "Why" Can Take You Places



Create a purposeful path to your well-being goals. With **Side Quests**—a new feature from **the BSW Be Well Program**—you'll write your "why" for working toward a well-being goal. Then, personalize a plan of action and stay motivated every step of the way.

Side Quests can be the reason for embarking on a well-being journey or a secondary goal you work toward. Visit the "Choose Your Own Adventure" page and select a goal today:

- **Timed Exercise** – Pick your favorite exercise and commit to it for a set amount of time each week.
- **Mindful Minutes** – Help ease stress by putting aside time for mindful activities during the week.
- **Quality Sleep** – Challenge yourself to start healthy sleep habits that can help you wake up feeling more refreshed each day.
- **Daily Steps** – Connect your fitness tracker and commit to a certain number of weekly steps.

Your "why," your way

Get the support you need to arrive at your healthy place, at your pace. Get started today at my.bswhealth.com/login

Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: BSWHP.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.

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