

BWI Health Promotions offers FREE / Discounted Insurance-Based Health Education Programs and Fitness Classes. Contact BWI to see if your company's health insurance participates at **716-992-2732**. ~ A great way to offer quality, onsite programming for your worksite or school wellness programs with a limited budget! Check out the website for details at www.bwihp.com.



BlueCross BlueShield
of Western New York

A Division of HealthNow New York Inc. An Independent Licensee of the BlueCross BlueShield Association



BLUECROSS BLUESHIELD OF WNY

*BlueLife Health Education & Wellness Program...
(former Alive & Lively)*

BlueLife

BlueCross BlueShield of WNY offers BlueLife health education & wellness programs to encourage members to take an active part in their own good health. Through the BlueLife program, members choose their own way to wellness with BWI Health Promotions.

FREE Health, Nutrition & Fitness Programs for Members (1-program per year):

FREE 1-Hour Health Education Programs:

- Beginning Exercise Principles
- Breathe Easy: Living With Asthma
- Common Sense Nutrition for Kids (Introduction)
- Eating Sensibly
- Heart Healthy for Life
- Holistic & Mindful Cooking
- Humor & Health (Stress Management)
- Introduction to Injury Prevention at Home, Work & Play
- Living with Arthritis
- Stress: The Constant Challenge
- Teaching Responsibility for YOUR Health

FREE Weight Loss/Health Challenge Programs:

- Common Sense Health & Nutrition (Weight Mngt.) (12-classes; includes pre & post tests & weekly weigh-ins)

FREE Exercise & Fitness Programs:

Choice of any 2-sessions per year

- Pilates (10-classes)
- Yoga (10-classes)
- Jump Start Your Fitness - Cardio (10-classes)

FREE "Bundled" Programs:

(Include Health Education, Nutrition Education and Fitness Classes)~Tailored to fit specific needs of group.

- BWI's "Be Fit Kids"
- BWI's "Be Fit Teens"
- BWI's "Be Fit Family"
- BWI Men In Motion
- BWI Women In Motion
- BWI Common Sense Nutrition
- BWI Common Sense Health & Nutrition

DISCOUNTED Programs to Members (25% off):

- Jump Start Your Fitness - Intermediate and Advanced
- Pilates - Intermediate and Advanced Levels
- Tube 'N Tone - Intermediate and Advanced Levels
- Tuck 'N Tone - Intermediate and Advanced Levels
- Yoga - Intermediate and Advanced Levels

BWI HEALTH PROMOTIONS™



INDEPENDENT HEALTH

By presenting your Independent Health members identification card, you can receive free and discounted programs with BWI Health Promotions. Independent Health offers Health Education Classes and Programs for Healthy Living.

FREE Health & Fitness Programs for Members:

- 7 Habits of Highly "Defective" People
- Creating Healthy Communities
- Healing Power of Humor

FlexFit and FlexFit Select

Independent Health's FlexFit and FlexFit Select are each one comprehensive health plan that provides three unique options that best suit members' lifestyles and health care preferences. BWI Provides the following programs as part of the FlexFit Family which included health education, nutrition education and fitness:

FREE FlexFit Family:

BWI "Be Fit Programs"

(Includes Health Education, Nutrition Education and Fitness Classes/Camps)

- BWI's "Be Fit Kids"
- BWI's "Be Fit Teens"
- BWI's "Be Fit Family"

FREE FlexFit Independent, PersonalBest Rider, Health Care Allowance Rider & Debit Card for Medicare Advantage Members:

- Yoga
- Pilates
- Jump Start Your Fitness

DISCOUNTED Programs to Members

(25% off):

- Jump Start Your Fitness
- Pilates
- Tube 'N Tone
- Tuck 'N Tone
- Yoga

BWI Corporate/School Programs

716-992-2732

BWI Family Wellness Programs

716-992-4636

www.bwihp.com

CALL Today!

UNIVERA

Univera Healthcare is committed to helping you to stay healthy. Preventive care plays an important role in protecting you from illness. Univera Healthcare offers Member Discounts / Health & Fitness Programs with BWI Health Promotions.

FREE Health & Fitness Programs to Members:

FREE Nutrition Programs:

- Common Sense Nutrition for Diabetes
- Common Sense Nutrition for Kids
- Common Sense Nutrition for Kids/Families
- Don't Be a Bonehead - Osteoporosis Prevention
- Eating Sensibly
- Hot Topic in Nutrition
- Osteoporosis Prevention & Awareness
- Sports Nutrition

FREE Health Education Programs:

- BWI Professional Fitness Assessment
- Injury Prevention at Home, Work & Play
- Teaching Responsibility for YOUR Health

FREE Children's Programs:

BWI "Be Fit Programs"

(Includes Health Education, Nutrition Education and Fitness Classes)

- Beginning Exercise Principles
- BWI's "Be Fit Kids"
- BWI's "Be Fit Teens"
- BWI Common Sense Nutrition for Kids
- BWI Professional Fitness Assessment
- High on Health - Humor & Health for Kids
- Infusing Humor & Learning to Reduce Stress
- Jump Start Your Fitness -Level 1
- Pilates
- Teaching Responsibility for YOUR Health

DISCOUNTED Programs to Members

(25% off):

- "7 Stressful Habits & Then Some..."
- Beginning Exercise Principles
- Finding Balance
- Healing Power of Humor
- Humor in Therapeutic Environments: Issues & Strategies to Reduce Stress
- Infusing Humor & Learning To Reduce Stress
- Jump Start Your Fitness - Level 1
- Jump Start Your Fitness - Level 2
- Overcoming Addictions
- Pilates & Yoga
- Tube 'N Tone, Tuck 'N Tone
- Women In Balance

