



## The Social Side of Your Health Insurance

Follow us, learn and engage with our health and wellness community.

Join the conversation on social media! Every month you will find new health and wellness topics that encourage fitness and good nutrition habits to help you and your loved ones stay healthy. Tweet, post a question or watch our videos. Here are a few ways you can take part in the discussion:



### Facebook

- Learn how you can reach your health and wellness goals.
- Ask us a question about your policy or benefits.
- Join fun promotions and more.

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### Connect

- Create an account and contribute to the conversation.
- Read blog posts, view informational videos and comment.
- Receive information about events happening in your community.

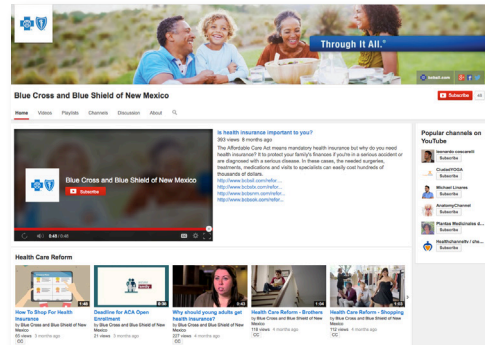
 connect.bcbsnm.com



### Twitter

- Tweet your questions and concerns to us.
- Retweet health tips that benefit you and your family.
- Get the latest health news.

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### YouTube

- Watch our videos to learn more about health insurance.
- Find out how we're helping the communities we serve.
- Learn more about the online and mobile tools available to you.

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