

# Catch your zzzzzzzz's



Rejuvenate your body each day for a fresh start.

Sleep is essential for your overall wellness. Sleep can boost your immune system, lower your stress levels, and help you focus and make good decisions. For better sleep, exercise every day, wake up and go to bed at about the same time daily, and avoid large meals before bedtime.

Visit the **Live Healthy** section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com) to learn more.



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