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BlueCross BlueShield
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As the illness caused by the novel coronavirus, COVID-19, continues to spread, many are concerned about the possible impact to themselves and their families. PEEHIP, in partnership with Blue Cross and Blue Shield of Alabama, is closely monitoring the situation. It is important, during this critical time to continue to be mindful of all aspects of your health and wellbeing.

There is little doubt that the coronavirus (COVID-19) pandemic is affecting every aspect of our lives—from virtual classrooms to telecommuting to early restaurant closing times to outright quarantines. Observing public health measures and reducing exposure to the virus are required to slow the spread of this disease. No one knows how long these virus safety measures will need to stay in place, but it presents a perfect time to protect and improve your health while practicing social distancing.

Healthy eating is especially important for keeping your immune system in top condition. You may have heard about the new *Chews Wisely Alabama* program offered by PEEHIP in partnership with Blue Cross and Blue Shield of Alabama. As we practice social distancing, we encourage you to visit the program website to learn about healthy versions of classic Alabama dishes you can make at home.

When you eat better, you feel better. Simple enough, right? The *Chews Wisely Alabama* program is a new way of looking at healthy eating. Not taking away the foods you love, but celebrating them and what it means to be from Alabama, too.

Visit ChewsWiselyAlabama.com to find tips and tricks on how you can make even your favorite dishes a little healthier without sacrificing flavor. Browse our recipes and videos to start making a change and spreading the joy. It's incredible how much better you'll feel when you start thinking about the way you eat and shop.

Watch this video to learn more about the program and why we are so excited about it: <https://vimeo.com/402199983>.

Finally, be sure to follow the program on Facebook for the latest tips and recipes on healthy eating: Facebook.com/ChewsWiselyAlabama. Don't forget to visit the website for great content on healthy eating and living. Just head to ChewsWiselyAlabama.com.



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