

NOVEMBER 2024 Men's Health Month

Our Men's Health Master Class Series featuring medical professionals covers essential health topics for men. Prioritize your health this November!



Preventive Health 101

Nov. 7, 10 a.m. CT

[Register](#)



Mental Health, Stress and Accidental Injury

Nov. 14, 10 a.m.

[Register](#)



Heart Health Men

Nov. 21, 10 a.m. CT

[Register](#)



Join Our Benefit Highlight Sessions

These quick sessions will show you how to use innovative tools to improve your health, all through technology you already have.



[Hello Heart](#)

Nov. 6, 10 a.m. CT



[Learn to Live](#)

Nov. 13, 10 a.m. CT



[Hinge Health](#)

Nov. 20, 10 a.m. CT

Fitness and Nutrition Connect Community Calls

Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion..

Fitness Connect Community:

Exercise during the
Holiday Season

Nov. 12, 10 a.m. CT

[Register.](#)

Nutrition Connect Community: Healthy Holiday Nutrition Strategies

Nov. 26, 10 a.m. CT

[Register.](#)