May 2023 Newsletter Content:

Mental Health Awareness

How much do you know about mental health? Stigma and misunderstanding can impact our ability to take action and help others that are dealing with mental illness. [Take this Quiz](https://www.cdc.gov/mentalhealth/quiz/index.htm) through the CDC’s website and see how much you know about mental health myths!

Get to know your [mental health benefits](https://healthselect.bcbstx.com/medical-benefits/mental-health)! Through the HealthSelectSM medical plan benefits, you have access to emotional support and mental health services. Your plan covers inpatient and outpatient treatment, including Virtual Visits, from the comfort of your home or office.

**\*New Webinar\* Finding Strength in Connection with Todd Whitthorne. On May 25th from 10-11 a.m. CT we will dive into the longest ongoing happiness research study in the world to learn what makes a truly happy life. There is one factor that consistently rises to the top as the most important: the quality and strength of our relationships. Through Todd’s unique way of blending storytelling and education, prepare to take away insights and strategies while being thoroughly entertained!** [Register here.](https://attendee.gotowebinar.com/register/8915532301374968664)

Women’s Health

How much do you know about hormones and women’s health? Hormones impact just about every part of the human body. [Take WebMD's Secret Life of Hormones Quiz](https://www.webmd.com/women/rm-quiz-secret-life-of-hormones) and see how much you know about hormones and women’s health!

Get to know your [preventive health benefits](https://healthselect.bcbstx.com/medical-benefits/mental-health)! Through the HealthSelectSM medical plan benefits, you have access to preventive health services including screening mammograms, colonoscopies annual preventive exams and more at no cost to you. Detecting conditions early saves lives! Learn more and share the love!

**Ask an Expert: Women’s Health Q&A with Dr. Brown-Pruett, M.D.** On May 23rd from 12-1 p.m. CT, Dr. Brown will answer questions on topics related to pregnancy, hormones, incontinence, sexual health, perimenopause, menopause, heart health, cancer screening and more. Submit your questions in advance to [lacy.wolff@ers.texas.gov](mailto:lacy.wolff@ers.texas.gov) or bring them to the webinar!

Unlock knowledge to improve your health! Check out a podcast or webinar through John [Women’s Wellness and Health Aging Program](https://www.hopkinsmedicine.org/womens_wellness_program/podcasts_webinars.html). Learn from physicians and experts about a range of topics related to women’s health including hormones and women’s mental health across the lifespan.