



**Choose well.  
Live well.**

## June Wellbeing Bytes

### Did you know?

Self-care means taking the time to do things that help you live well and improve your physical, mental and emotional health. It can help you manage stress, lower your risk of illness, and boost your mood and energy levels. It is important for us to take care of ourselves to maintain a healthy body and mind. To help make your self-care journey easier, Micron offers a [Blue Cross Care Guide](#) to team members and dependents on a Blue Cross medical plan. Whether you need help finding high-quality care or just got a major diagnosis, let your personal care guide lend you a helping hand to better health, so you can focus on your own self-care. Need more information or practice with your self-care needs? Check out some great tips and resources [here](#).

June 12-18 is [National Men's Health Week](#). This week is dedicated to [raising awareness](#) of preventable health problems and encouraging early detection and treatment among men and boys. Make your health and the health of the men in your life a priority and schedule your visits with your doctor as needed. Self-care starts with you!

## Virgin Pulse, Micron Wellbeing Portal

Whether you are working towards improving your physical health or staying on track with a personal healthy habit your [wellbeing portal](#) can keep YOU on track with your self-care

### Additional Wellbeing Highlights:

- Did you miss last month's *Wellbeing Bytes – Enjoy Your Downtime: How to Disconnect From Work* session? Please [click here](#) (Passcode: 9X?^+M3Y) to access the recording
- Need additional support or a listening ear, contact your Regional Team Member Advocate today by going to [advocate/](#)
- Find out [what is happening](#) at your site's cafeteria and other opportunities with our EatWell program
- Looking for some healthy recipe ideas? Search recipes [here](#) offered through your EatWell Program

goals. Log into your [Virgin Pulse account](#) on the desktop or app or [sign up now!](#) Learn more at alias [wellbeingportal/](#).

## Get Support through Your EAP, Guidance Resources

The [Employee Assistance Program \(EAP\), Guidance Resources](#), offers valuable support to you and any member in your household. Self-care comes in many different forms and your EAP can lend you support to create your [best self-care plan](#). Learn more at alias [EAP/](#) or call [844.470.5745](#) to get started.

## RethinkCare, Your Mindfulness Tool

Check out this great session [7 Practices of Self-care](#) on your RethinkCare app to practice short mindfulness breaks that help you establish a health routine of push-and-recover. Visit alias [Rethink/](#) to learn how to [join through](#) your Virgin Pulse account and download the RethinkCare app.

## Upcoming Global Wellbeing Events

1. [Thursday, June 15 10:00-10:30 am MT](#) – Wellbeing Bytes: Best Practices of Self-care (via zoom)
2. [Thursday, June 15 10:00-11:00 am MT](#) - Supporting the Wellbeing of Neurodiverse Employees (RethinkCare via webinar)
3. [Tuesday, June 20 10:00-11:00 am MT](#) – Bright Horizons: Learn more about your family back-up care (via webinar)

Interested in learning more about your wellbeing resources or programs? Talk with your [regional Wellbeing Specialist](#) today!