

INDEPENDENCE BLUE CROSS FOUNDATION

Healthy Futures

INITIATIVE



Eat Right



Get Fit



Stay Well

INDEPENDENCE BLUE CROSS
FOUNDATION

Independence 

Independence Blue Cross Foundation Healthy Futures Initiative

The Independence Blue Cross (IBC) Foundation Healthy Futures Initiative was a three-year program and research study aimed at improving childhood health and wellness. The IBC Foundation partnered with 25 elementary schools throughout southeastern Pennsylvania to teach 1,000 students and their families how to “Eat Right,” “Get Fit,” and “Stay Well.” Regional and national experts in childhood wellness provided tools and resources to empower healthy habits. The IBC Foundation Healthy Futures Initiative included these partners:





From **the President**

At the Independence Blue Cross (IBC) Foundation, we are leading solutions to improve the health and wellness of our communities. The IBC Foundation Healthy Futures Initiative was an innovative, collaborative intervention in childhood wellness, teaching children to Eat Right, Get Fit, and Stay Well.

It goes without saying that we were not alone in this effort. The IBC Foundation partnered with 14 outstanding organizations and 25 elementary schools across the region, all of whom are dedicated to

improving the health and wellness of the next generation. Through our joint efforts, we have been able to reach 1,000 children and their families. We thank all of these partners for their participation in the IBC Foundation Healthy Futures Initiative.

The past three years have enlightened and encouraged us with the knowledge that so many organizations and schools are committed to a future of health for our children. Our partnerships have reaffirmed that working together is the best way to create change.

I'm delighted to introduce the IBC Foundation Healthy Futures Initiative Resource Book. I believe it will serve as a reminder of all we've achieved over the past three years. Going forward, I hope it will be a tool for children and families to continue to Eat Right, Get Fit, and Stay Well.

Yours in good health,

Lorina Marshall-Blake
President,
Independence Blue Cross
Foundation





Eat Right

Making Good Food Choices

School can be tough! Kids need a lot of energy and usually eat about four or five times a day, including snacks. The healthy habits you start today will set you on a path for lifelong wellness. So try new and different foods — you never know what you might like!





Helpful Mealtime Hints

Always eat **breakfast**. Some ideas for a quick, healthy breakfast include:



Fruit



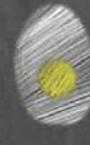
Bagel



Oatmeal



Peanut
butter
sandwich



Hardboiled
egg



Cereal
and milk

For big appetites after school, eat healthy **snacks**, such as:



Fruit



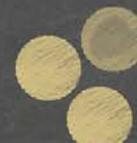
Vegetables
and dip



Yogurt



Chips
and
salsa

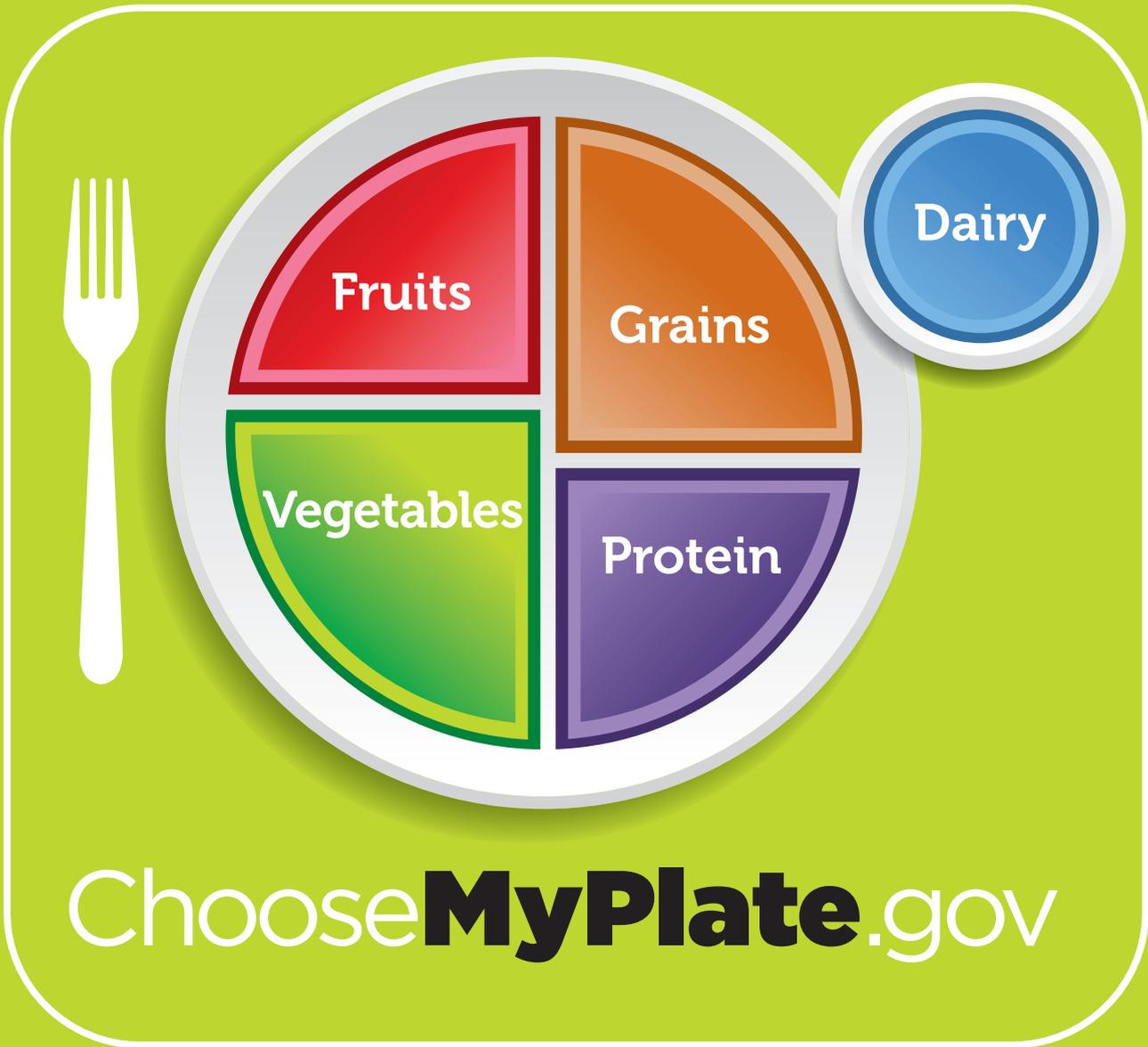


Cheese
and
crackers



Avocado
toast

Eat at the table, instead of in front of the television, to avoid distractions.



MyPlate Helps You Eat a Healthy Diet

MyPlate is a guideline from the federal government designed to help you eat a healthy diet. MyPlate can help you eat a variety of foods while encouraging the right amount of calories and fat.

MyPlate is divided into five food group categories:

1 Grains. Foods that are made from wheat, rice, oats, cornmeal, barley, or another cereal grain are grain products. Examples include whole wheat, brown rice, and oatmeal.

2 Vegetables. Vary your vegetables. Choose a variety of colorful vegetables, including dark green, red, and orange vegetables; legumes (peas and beans); and starchy vegetables.

3 Fruits. Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole or cut up.

4 Dairy. Milk products and many foods made from milk are considered part of this food group. Focus on fat-free or low-fat products, as well as those that are high in calcium.

5 Protein. Go lean on protein. Choose low-fat or lean meats and poultry. Vary your protein routine. Choose more fish, nuts, seeds, peas, and beans.

Oils are not a food group. But some, like nut oils, contain essential nutrients and can be included in your diet. Animal fats are solid fats and should be avoided.

Learn more at www.choosemyplate.gov.



Eat Right

Help create your very own cookbook

Put yourself in the picture for healthy eating and good health! Add photos of you and your family to help make memories that will last a lifetime.

Add your
photo here.

Kale Chips

Winter is a great time to eat vegetables like broccoli, kale, cauliflower, Brussels sprouts, collards, and cabbage. Not only are they in season, they're loaded with nutrients like vitamins A and C and minerals like calcium.

- 2 bunches fresh kale
- 1 tablespoon olive oil
- Salt to taste

Preheat oven to 400 degrees. Wash and dry the kale. Remove the leaves from stems. Discard the stems. Toss the leaves in a bowl with olive oil and salt. Arrange kale pieces in a single layer on a baking sheet and bake for 15 to 20 minutes. You can eat kale chips just like any other snack chip, or for a special treat, crumble them over popcorn!

—Greener Partners

Eat-Right Recipes

Try a Recipe from Two Celebrity Chefs!

The Independence Blue Cross Foundation Healthy Futures initiative brought together the talents of two celebrity chefs — Jose Garces and Marc Vetri. Together, they are inspiring children to Eat Right. This quesadilla recipe was prepared by Chef Garces at a Healthy Futures cook-off that was judged by fifth-graders from Healthy Futures schools. Chef Garces shared this recipe with Chef Vetri to use in the Vetri Foundation's Culinary Classroom. Enjoy this healthy and tasty meal!

Quesadilla with Kale and Chicken

Ingredients

- 1 **pound** boneless, skinless chicken thighs
- ½ **cup** canola or olive oil, divided
- Salt and pepper to taste
- 1 **bunch** of kale
- 1 small butternut squash
- 16-ounce bag of shredded Monterey Jack cheese
- 8 whole-grain tortillas (6-inch)

Cooking Directions

- Preheat oven to 350 degrees.
- Lightly coat chicken thighs with oil, salt, and pepper. Roast until internal temperature reaches 165 degrees and no pink remains, about 20 minutes. Dice chicken and set aside.
- Roughly chop kale, discarding thick or tough stems. In a large skillet, cook kale with a small amount of olive oil until wilted. Set aside.
- Cut off one inch from both ends of the butternut squash. Discard ends. Use a peeler to remove outer skin from squash. Cut in half lengthwise and scoop out seeds. Working from the bottom, cut the squash into thin slices.
- Lightly coat squash slices with oil, salt, and pepper. Arrange on a sheet pan and roast in 350-degree oven until tender, about 20 minutes. Sprinkle with a quarter of the cheese when finished roasting.
- Layer kale, squash, chicken, and cheese on one half of the tortilla, dividing evenly among eight portions. Fold the other half of the tortilla over and press down. Arrange folded quesadillas onto a sheet pan and bake at 350 degrees until cheese has melted, about six to eight minutes.
- Remove from oven and cut into thirds. Serve hot.

—Garces Foundation

Add your photo here.



How long did it take to make? _____



Notes for next time: _____

Shopping Tips



Kale

The leaves should be firm and deeply colored with stems that are moist and strong. Make sure that the leaves are not browning or yellowing, and they are free from small holes.



Butternut Squash

Look for butternut squash with a solid beige color, without any deep cuts or bruises. A little surface scratching is normal. Choose squash that feels heavy for its size. Avoid squash with brown patches or punctures, which can introduce bacteria and mold.



Eat Right



Add your photo here.

Spaghetti Squash Spaghetti

Winter squash are a good source of vitamins A and C and potassium. Their thick outer skin protects the soft, delicious flesh, so they stay fresh for months after they've been picked. Try spaghetti squash in place of pasta to help your family eat more vegetables. They may not know the difference!

- 1 large spaghetti squash
- 1 teaspoon olive oil
- Salt
- Spaghetti sauce
- Parmesan cheese

Preheat oven to 400 degrees. Cut squash in half lengthwise and remove the seeds. Drizzle with olive oil and salt, and place skin-side up in a baking pan. Bake for 25 to 30 minutes. Remove from oven when the skin is tender enough to prick with a fork. Turn over and scoop out the noodle-like flesh into a saucepan. Combine with spaghetti sauce and serve with Parmesan cheese.

—Greener Partners

Hip Dip Recipe

Peas, chickpeas, and edamame (Japanese for “green soybean”) — as well as lentils, peanuts, and many beans — are members of the legume family. They’re an excellent source of protein, minerals, dietary fiber, and other nutrients. That’s probably why legumes are a dietary staple in cultures around the world.

- 2 cups shelled edamame
- ¾ cup chopped cilantro
- 1 clove garlic, minced
- ¼ cup olive oil
- ¼ cup lime juice
- 1 tablespoon honey
- Salt to taste

Mix all of the ingredients in a food processor or blender, or grind them together in a bowl using the back of a spoon, to make this simple dip. Serve the dip with fresh vegetables or crackers for a delicious snack! Note: Edamame are available frozen in many grocery stores. Just boil them for five minutes before eating — or for use in this recipe.

—Greener Partners



How long did it take to make?



Notes for next time: _____



How long did it take to make? _____



Notes for next time: _____

Shopping Tips



Spaghetti Squash

Look for a spaghetti squash with a firm, dry rind free of soft spots and cracks. Squash should be heavy for its size with a firm, dry, rounded stem, which helps keep out bacteria.



Edamame

If you cannot find fresh shelled edamame, look in the frozen foods section. Many stores sell them there shelled and whole.

Add your photo here.

Apricot Chicken Stir-Fry

Ingredients

- 1½ pounds** boneless chicken thighs
- 2 heads** broccoli
- 1 pound** carrots (about four large)
- ½ cup** peas, frozen or fresh
- ½ cup** olive oil
- 1 cup** apricot stir-fry sauce (ingredients listed below)

Apricot Stir-Fry Sauce

- 1¾ cups** canned apricots in extra-light syrup
- 1 cup** water
- 6 tablespoons** soy sauce
- 1 tablespoon** cornstarch

Cooking Directions

- Preheat oven to 350 degrees. Place chicken on a sheet tray and roast until internal temperature reaches 165 degrees, about 20 minutes.
- Wash broccoli and carrots, cutting each into small pieces of roughly the same size.
- To make the sauce, place apricots with their liquid and water into a saucepan. Bring the liquid to a boil. In a separate bowl, stir soy sauce and cornstarch together until dissolved. Add mixture to boiling liquid. Turn heat down to medium and allow to simmer and thicken, about five minutes. Blend with immersion blender until smooth. Remove from heat.
- In a large skillet, cook olive oil, broccoli, and carrots on medium heat. Dice chicken into bite-sized pieces. Add chicken and apricot stir-fry sauce when the vegetables are fork-tender. Once warm, stir in peas and heat until warmed through.
- Serve hot on top of brown rice.

—Vetri Foundation for Children



How long did it take to make? _____



Notes for next time: _____



Swiss Chard

Look for crisp, crinkly green leaves; avoid ones with spots or holes. The smaller the leaves, the sweeter their taste.

Green Smoothie*

Late spring and summer are perfect times to eat locally grown berries. Strawberries are ready in May and June, and raspberries, blackberries, and blueberries ripen in July and August. Try these berries in a Green Smoothie — it's an easy and delicious way to get more fruits and veggies in your diet.

- 2 cups yogurt
- 2 bananas
- 1 cup blueberries
- 1 cup strawberries
- ½ cup orange juice
- A handful of raw spinach or Swiss chard

Put all of the ingredients into a blender. Blend until smooth.

*You will be surprised at how little you taste "the green."

—Greener Partners





Get Fit

You Need to Keep Moving

Exercise is an important part of staying healthy. The good news is, getting active can be fun! A great way to promote healthy lifestyles is for the whole family to get involved.





Get Fit

Making an EXERCISE Plan

A daily exercise program is a fun way to share physical activity with family and friends, while helping establish good heart-healthy habits.



Here are some ways

1

Limit screen time — phones, tablets, video games, TVs, and computers — to less than two hours a day. Replace the sitting activities with activities that require more movement.

2

Get an exercise DVD made for kids and do it as a family.

3

Go for a family walk together after dinner instead of watching TV.

4

Start a family competition. See who can be the first person in your family to meet a certain physical activity goal, such as exercising five days in a week.



Kids need at least **60 minutes of moderate to vigorous physical activity every day** to achieve healthy growth and fitness.

Ways to Be Active



Regular aerobic activity can increase your capacity for exercise and help prevent conditions like type 2 diabetes and heart disease. Aerobic activities are continuous activities that cause your heart and breathing rates to increase.

Examples of aerobic activities include:

- Brisk walking
- Running
- Swimming
- Cycling
- Roller skating
- Jumping rope
- Playing on the playground
- Gymnastics
- Hiking
- Soccer
- Tag games



Benefits of Physical Activity

Here are just some of the benefits that regular exercise or physical activity provide:

- Improves blood circulation throughout the body
- Keeps weight under control
- Boosts energy level
- Improves the ability to fall asleep quickly and sleep well
- Improves self-image
- Helps you relax
- Increases enthusiasm and optimism
- Increases muscle strength

to stay active and fit:

5

Sign up for a charity walk or run as a family. Train together for the event.

6

Enroll in a series of classes to learn a new skill. Gymnastics, swimming, figure skating, or martial arts lessons are some options.

7

Kids can help with chores. They can vacuum floors, mow the lawn, do some gardening, or walk the dog.

8

Volunteer for active community service. Help clean up local streets, parks, or school yards.



Get Fit



Exercising with the 76ers

In the Fit76 basketball program, the Sixers encourage students to limit television and video gaming time, and to get 76 minutes of exercise every day to keep their bodies strong and healthy. Whether riding a bike, jogging, walking, dancing, or playing basketball and other sports, it's important to stay active to stay healthy.



The Sixers encourage 76 minutes of exercise every day.

Ways to Stay Active

Here are some fun basketball drills to try on your own:



Dribbling

Control dribble
Speed dribble



Passing

Bounce
Chest
Outlet
Post



Agility

Ladders
Line hops



Jumping

50 jumping jacks
Jump rope
(2 minutes)
Broad jump

Learning Soccer Skills with the Philadelphia Union

Soccer is a game that is constantly moving, making it perfect for teaching the significance of exercise and perseverance.

Soccer Safety Tips

- Players must wear shin guards that cover the entire shin, have a strap for children to fasten under their feet, and have a plastic outside cover.
- Goalies should wear gloves, elbow pads, and knee pads.
- Players' shoes should have molded cleats or a ribbed sole. Never use metal cleats, as they can cut another player's skin.
- The right ball can prevent head injuries. Leather balls can become heavy when wet. Use synthetic, nonabsorbent balls on wet fields.
- Soccer goals should be anchored to the ground, using anchors flush with the ground and clearly visible.

The Union knows how much fun it can be to get fit with your friends and encourages you to give it a try!





Get Fit



Getting Tennis Tips from the Philadelphia Freedoms



Tennis can improve agility, balance, and coordination. As an aerobic activity, it's also a great calorie burner. Tennis may be easier to play for a lifetime than other sports, such as baseball or basketball, which require several other people.

Experts serve up these suggestions for enjoying the sport:

- Consider getting instruction from an expert. This can help you learn proper techniques and build a winning fitness program.
- Before each game, take several minutes to warm up with some brisk walking and a few stretches.
- Wear socks and tennis shoes, not running shoes, on the court. Tennis shoes are specifically designed to protect against ankle sprains.
- Parents and kids can hit a few balls together on the court. Besides being a sport you can enjoy for decades, tennis also may be easier to learn at a younger age.

Take a Tennis Challenge!

- See how many times you can bounce the ball on your racquet.
- Hit the ball against a wall without losing control.
- Use your racquet to dribble the tennis ball against the ground, then try walking as you dribble.

Making Activity a Priority with Fit Essentials



“It is not about winning, being the fastest or strongest, or being the one who makes all the shots. The true objective is to aim for excellence in every performance and to always give your best effort.”

—Don Baxter, president and owner, Fit Essentials



Try this weekly exercise routine:

Monday

Strength Training

1. Push-ups x 12
2. Sit-ups x 20
3. Dips x 12
4. Squats x 15

Repeat twice for a total of three sets.

Tuesday

Cardiovascular Training

1. Jumping jacks x 25
2. High knees — 20 seconds
3. Mountain climbers — 20 seconds

Repeat twice for a total of three sets.

Wednesday

Strength Training

1. Push-ups x 12
2. Sit-ups x 20
3. Dips x 12
4. Squats x 15

Repeat twice for a total of three sets.

Thursday

Cardiovascular Training

1. Jumping jacks x 25
2. High knees — 20 seconds
3. Mountain climbers — 20 seconds

Repeat twice for a total of three sets.

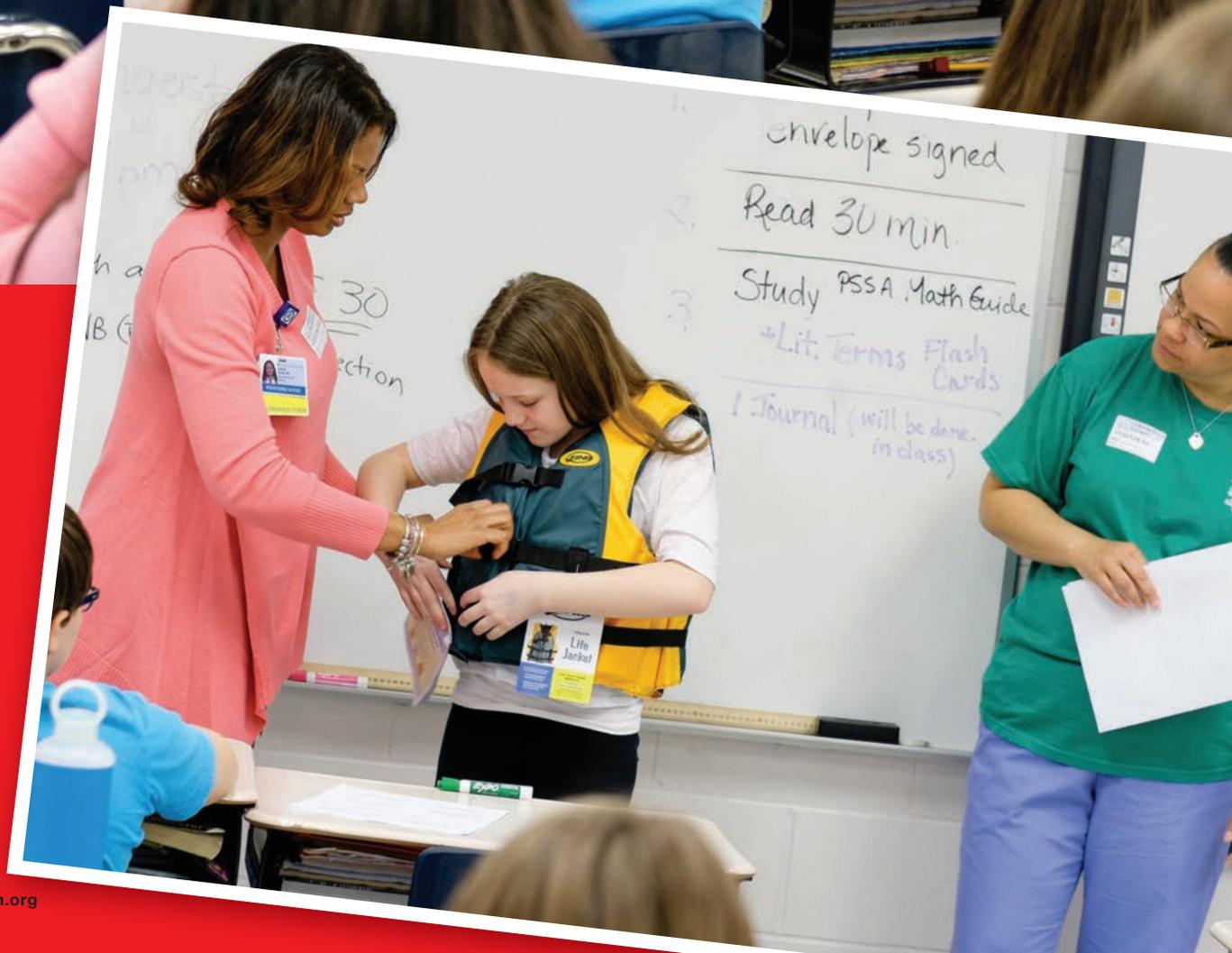
Friday

Strength Training

1. Push-ups x 12
2. Sit-ups x 20
3. Dips x 12
4. Squats x 15

Repeat twice for a total of three sets.







Stay Well

Creating Lifelong Healthy Habits

Healthy habits include more than just eating the right foods and getting enough exercise.

Practicing good hygiene, making time for regular doctor appointments, and putting safety first are important, too!





Stay Well

Good Hygiene

Helps Stop Germs from Wrecking Your Game



Handwashing is more fun with a soundtrack. Here is an original song, set to a familiar tune. Singing songs while handwashing will help you reach the 20-second minimum time limit recommended by the Centers for Disease Control and Prevention.

Scrub, Scrub, Scrub the Germs
(to the tune of "Row, Row, Row Your Boat")

Scrub, Scrub, Scrub the germs
Wash them down the drain.
Lucky me, Lucky me, Lucky me,
Lucky me,
My hands are so clean.
(repeat three times)

You can help keep away germs that can make you sick by practicing good hygiene.

Washing your hands keeps germs from spreading. Wash them:



Before meals



After you touch garbage



After you pet an animal



After using the bathroom

Prevent Colds and Flu

- Colds and flu spread when a sick person sneezes or coughs, so avoid getting too close to someone who is ill.
- When you are sick, stay home if you can. Otherwise take care so that people around you don't catch your illness.
- Cover your mouth and nose when you cough or sneeze, but not with your hand. If you don't have a tissue, cough or sneeze into your sleeve.



When soap and water aren't available, use an alcohol-based sanitizing hand gel. Hand sanitizers don't kill as many germs, but they can help.

4

Good Reasons to See Your Doctor

Everyone needs regular checkups at their doctor. Why? Because they can help keep you healthy. There are other reasons to visit the doctor, too.

Reasons to visit the doctor:

1

At your yearly checkup, your doctor may check your blood pressure, vision, hearing, weight, and eating habits. During a checkup, your doctor will see how fast you're growing to make sure you stay healthy and strong.

2

Getting vaccinated helps protect you against the flu and other diseases. Vaccines cause a reaction in your body that can protect you from diseases.

3

When you're sick, your doctor can find out what you have. He or she may prescribe medicine to help you get better. Or you might receive directions that can help you heal in other ways.

4

If you get hurt while playing a sport, you might need to visit your doctor. A twisted ankle or sprained muscle might heal with RICE (rest, ice, compression, and elevation). But in the case of a head injury, you should see a doctor right away to check for a concussion.



Stay Well

Bicycle, & Skateboard, Scooter Safety

Bicycle

More than 70 percent of kids between the ages of 5 and 14 ride bicycles.

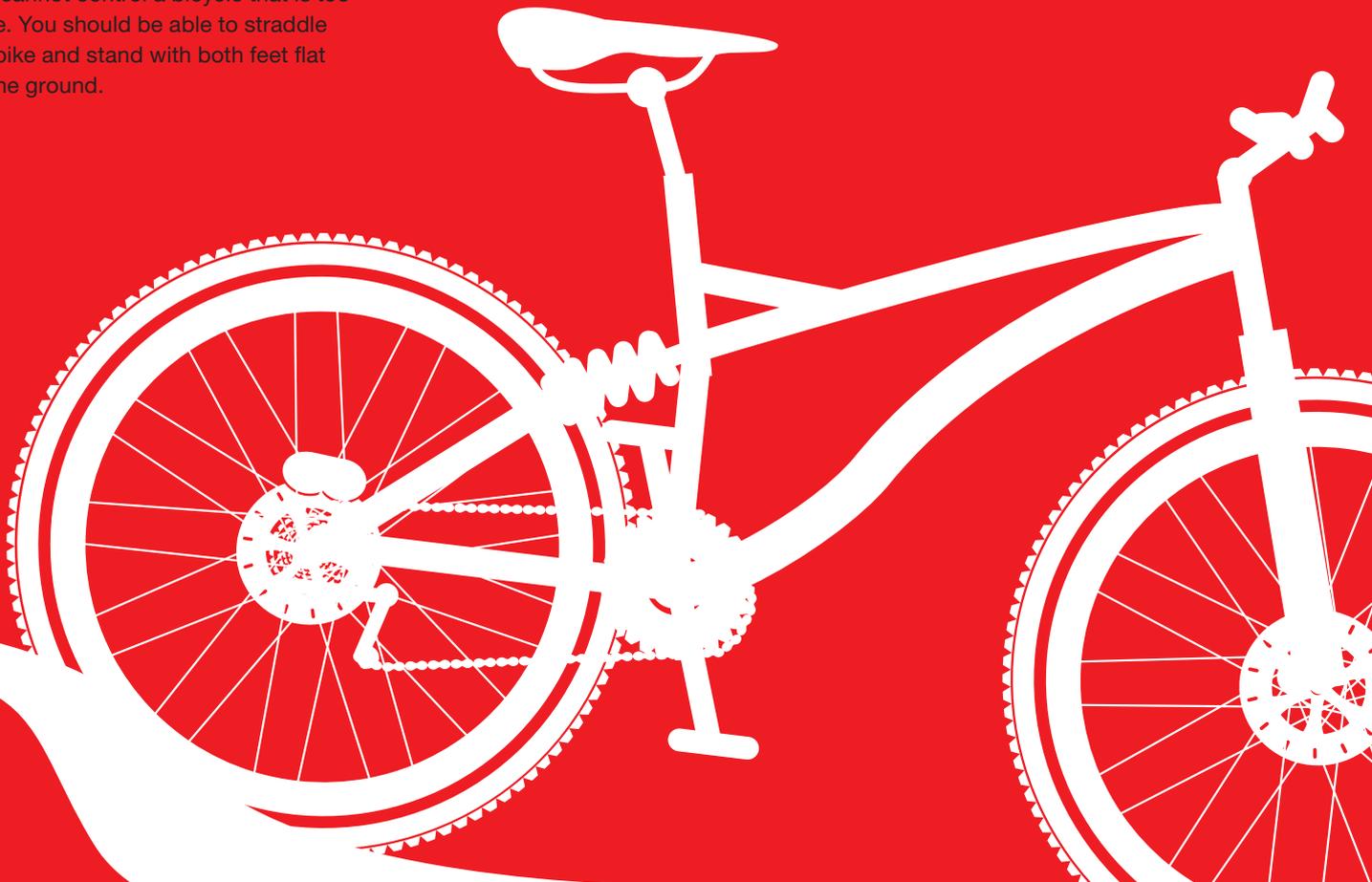
Although a great form of exercise, riding a bike, using a scooter, or skateboarding without protective gear can be dangerous.

Protecting Kids from Bicycle Injuries

Suggestions for preventing bicycle injuries:

- You cannot control a bicycle that is too large. You should be able to straddle the bike and stand with both feet flat on the ground.

- Learn the proper hand signals for left turns, right turns, and stopping. Make certain you understand and observe all traffic signals and signs. Kids who can't use hand signals and still maintain control of their bike should not ride in the street.
- Kids should ride on sidewalks until they are at least 10 or 11 years old.
- Look left, right, and left again before riding into traffic from a sidewalk, driveway, or parking lot.
- Kids should not ride a bike at dusk or at night. If you are still outside when it turns dark, a bicycle light must be turned on and you should be wearing light or reflective clothing.
- Make certain the bike has safety reflectors. All bikes should have reflectors on the front, rear, and wheel spokes.





The most common (and often most serious) injury sustained on a bike, scooter, or while skateboarding is a head injury.

Why Helmets Are Important

Wearing a helmet can reduce the risk for injury and make injuries less severe if a crash happens. But even with bicycle helmet programs and laws, more than half of children don't always wear a helmet while bicycling.

Which Helmet to Buy

- The helmet should fit comfortably and snugly. It should sit on your head in a level position and not rock from side to side.
- The helmet should have a chin strap and buckle to keep the helmet in place.
- The helmet should be made out of a hard outer shell and an absorbing liner at least a half-inch thick.

Many kids resist wearing a helmet. But athletes wear helmets for their protection. And they can be decorated in fun ways.

Make it more fun by decorating helmets together!



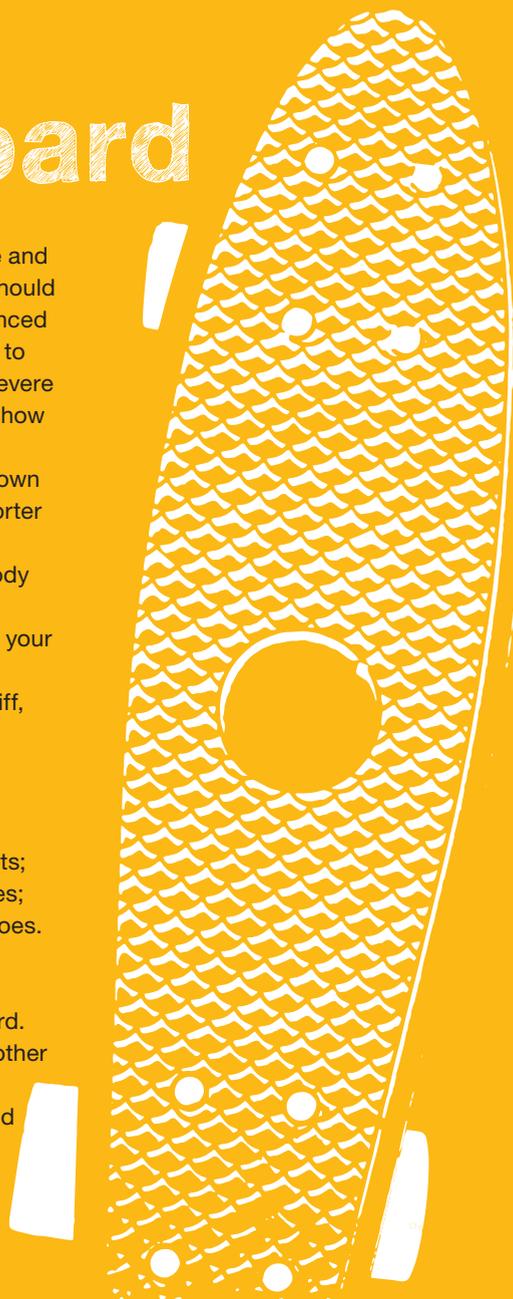
Skateboard

Skateboards are a fun way to get active and move around your neighborhood, but should never be used on streets. Even experienced skateboarders can fall, so learning how to fall safely can help reduce the risk for severe injuries. Here are hints from experts on how to fall correctly:

- When losing your balance, crouch down on the skateboard so you have a shorter distance to fall.
- Try to land on fleshy parts of your body when falling.
- Try to roll as you fall, which prevents your arms from absorbing all the force.
- Try to relax, rather than remaining stiff, when falling.

Other safety steps to take when skateboarding are:

- Wear protective gear, such as helmets; padding for wrists, elbows, and knees; and closed-toe and slip-resistant shoes.
- Frequently check the skateboard for wear and tear.
- Only allow one person per skateboard.
- Do not hang onto bicycles, cars, or other vehicles while skateboarding.
- Carefully practice tricks in designated skateboarding areas.



Scooter

Here are ways to help prevent scooter-related injuries:

- Wear an approved helmet that meets safety standards.
- Use knee and elbow pads.
- Ride scooters on smooth, paved surfaces without traffic, and avoid streets and surfaces with water, sand, gravel, or dirt.
- Do not ride scooters at night.
- Young children should not use scooters without close supervision.

Helmets can prevent **85%** of head injuries

Elbow pads can prevent **82%** of elbow injuries

Knee pads can prevent **32%** of knee injuries



Stay Well

Diet Villains and Heroes for Your Teeth

The foods you eat and beverages you drink can mean bad news for your teeth. A healthy mouth does more for you than you might imagine. Your mouth lets you speak clearly, express your emotions, and eat a good diet by chewing and tasting the foods you enjoy.

But tooth decay or gum disease can take a bite out of these abilities. In fact, half of America's 12- to 15-year-olds have tooth decay. Brush up on how the food and drink you put into your mouth can protect it so that you can keep smiling.

Color Key

The Bad Guys
These foods and drinks increase your risk for tooth decay.

The Not-So-Bad Guys
When you crave a sweet, these treats are likely to do less damage to your teeth than the bad guys.

The Good Guys
These foods and beverages support dental health.



Soda. Carbonated soft drinks can erode tooth enamel, leading to decay.



Milk and plain yogurt. These calcium-rich choices help maintain the health of your teeth.



Sugary snacks. Cake, cookies, assorted candies, and other treats high in sugar harm tooth enamel.



Sticky and chewy snacks. Taffy, gummy bears, raisins, and other dried fruits are a common cause of decay. That's because they can easily get stuck between teeth.



Sour candies. The high acid levels contained in these sweets break down tooth enamel, making it easier for decay to take hold.



Fruits rich in vitamin C. Oranges, grapefruits, strawberries, kiwis, and other fruits high in vitamin C help keep your gums healthy and strong.



Vegetables. Crunchy vegetables, such as celery and carrots, clean and stimulate your gums. Pumpkins, sweet potatoes, and broccoli, which are high in vitamin A, help form and maintain tooth enamel. Onions contain sulfur compounds that can kill bacteria in the mouth, helping to combat decay.



Sugar-free candies and lollipops. They don't contain decay-causing sugar.



Sugar-free gum. This kind of gum can help prevent cavities by removing food bits caught between teeth and by increasing saliva, which neutralizes acids.



Each day, brush twice and floss at least once. Have your teeth cleaned every six months.

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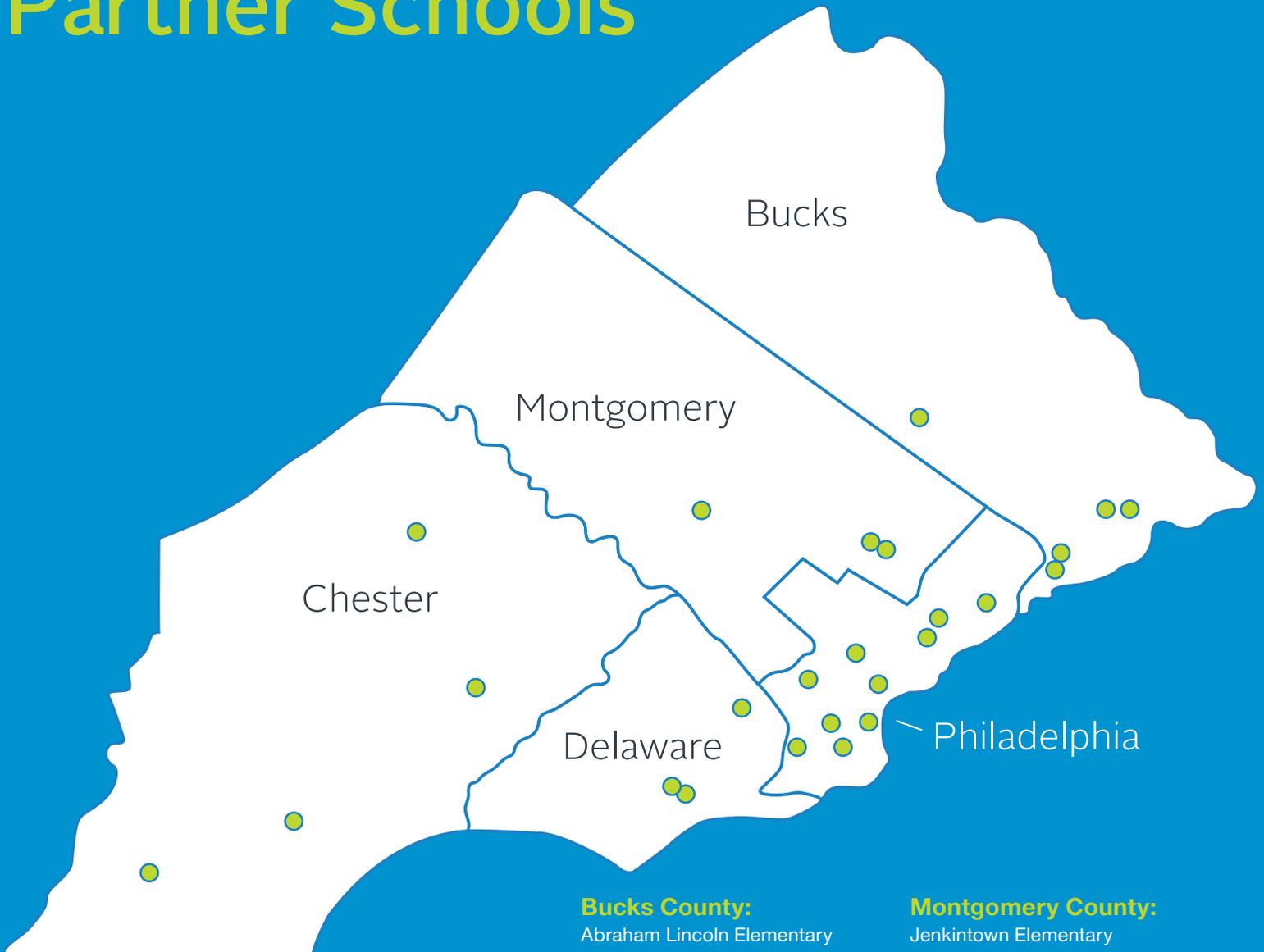


Stay Well

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Partner Schools



Bucks County:

Abraham Lincoln Elementary
Cornwells Elementary
Nativity of Our Lord School
Ralph Waldo Emerson Elementary
St. Charles Borromeo School

Chester County:

Assumption BVM School
Sacred Heart School
St. Agnes School
St. Elizabeth Parish School

Delaware County:

Drexel Neumann Academy
Stetser Elementary
St. Andrew School

Montgomery County:

Jenkintown Elementary
St. Francis of Assisi School
St. Joseph the Protector School

Philadelphia County:

Allen M. Stearne Elementary
F. Amedee Bregy Elementary
Global Leadership Academy
LaSalle Academy
Southwest Leadership Academy
St. Dominic School
St. Gabriel School
St. Martin de Porres School
William H. Ziegler Elementary
William M. Meredith Elementary

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