

- **Stress Management**

*Less Stress Please- (23 minutes) Reviews the risk of excess stress, treating stress and tips on how to deal with stress.*

<http://www.brainshark.com/bcbsf/vu?pi=zG2z10cRFyzHJGz0>

- **Cancer**

*Cancer Prevention- (11 minutes) What is cancer, risk factors, prevention and screenings guidelines.*

<http://www.brainshark.com/bcbsf/vu?pi=zFyzqXnPKzHJGz0>

- **Physical Activity**

*Let's Get Physical- (14 minutes) Most recent guidelines for children, teens and adults. Practical guidelines on how to incorporate physical activity to improve health and where to find support.*

<http://www.brainshark.com/bcbsf/vu?pi=zEsz111FRdzHJGz0>

*Strength Training 101-(23 minutes) Basic principles, importance and benefits, and how to incorporate a basic program.*

<http://www.brainshark.com/bcbsf/vu?pi=zFhzS5JwxzHJGz0>

- **Weight Management**

*Healthy Weight, Healthy Life- (23 minutes) Statistics on weight problem in America, risks of high body mass index (BMI), benefits and strategies for reaching and maintaining healthy weight.*

<http://www.brainshark.com/bcbsf/vu?pi=zFfzD4levzHJGz0>

- **Stroke Awareness**

*Explaining Stroke: Stroke is a Brain Attack- (21 minutes) What is a stroke, what are the symptoms, treatment, and recovery and how to prevent.*

<http://www.brainshark.com/bcbsf/vu?pi=zGDzfHQixzHJGz0>

- **Nutrition**

*The Nutrition Label- (21 minutes) components of the label, how to read, what to focus on regarding vitamin and mineral content, what nutrients and how much do we need in our diet*

<http://www.brainshark.com/bcbsf/vu?pi=zFAzyd7T8zHJGz0>

*Understanding My Pyramid- (25 minutes) Information on the USDA food guide system, details about each food group and how to incorporate into daily life*

<http://www.brainshark.com/bcbsf/vu?pi=zFqz19cZAbzHJGz0>



# Brainshark Presentations

- **Cholesterol**

*Cholesterol and You-(14 minutes) What the numbers mean, what affects cholesterol, food choices ,and steps that may lower your cholesterol*

<http://www.brainshark.com/bcbsf/vu?pi=zGWziLrUwzHJGz0>

- **Blood Pressure**

*Healthy Words on Blood Pressure-(10 minutes)What is blood pressure, risk factors, how to take control, and guidelines for medication*

<http://www.brainshark.com/bcbsf/vu?pi=zFTzim1BjzHJGz0>

- **Diabetes**

*What is Diabetes?-(17 minutes) ABC's of diabetes, prevention, and managing diabetes*

<http://www.brainshark.com/bcbsf/vu?pi=zEvzkQj39zHJGz0>

- **Heart Health**

*Are you heart healthy?-(13 minutes)What is heart disease, controllable and uncontrollable risk factors, signs and symptoms, and how to reduce risk*

<http://www.brainshark.com/bcbsf/vu?pi=zFzZTRvHUzHJGz0>

- **Tobacco**

*The Next Steps to Becoming Smoke Free- (29 minutes)Why should I quit, readiness and preparing to quit, quit day, reaching out and second hand smoke*

<http://www.brainshark.com/bcbsf/vu?pi=zFlz15RbX6zHJGz0&intk>

*The BCBSF Brainshark library of health and wellness presentations will continue to grow. Please feel free to provide us feedback on topics you would like added.*