SUBJECT LINE: **3 Tips for Emotional Well-Being**

**3 Tips for Emotional Well-Being**

During the pandemic, many of struggled with the challenges of being away from loved ones and our regular routines. As we figure out what a new normal looks like, paying attention to our emotional health is important.

To find tips that can help lift your mood and well-being resources available through your Blue Cross & Blue Shield of Rhode Island health plan, read [this article](http://www.rhodeahead.com/memberperks/3-tips-emotional-well-being).