

Take time to breathe.



healthy changes
everything.®



BlueShield
of Northeastern New York

Vacations are linked to better health and well-being. Relax, enjoy, recharge.

For more information, visit bsneny.com/healthandwellness.



A division of HealthNow New York Inc., an independent licensee of the BlueCross BlueShield Association.
8834_NENY_07_14