Don't let stress build up.

Keeping life stresses to yourself can have a negative impact on your health over time. Unmanaged stress can result in high blood pressure, muscle tension and a greater likelihood of developing a cold or other illness.

But stress can be managed.

Talk with friends, family, or a counselor. Enjoy a quick five-minute walk, take a deep breath, or practice stretching techniques. Learn healthy ways to relieve stress that work for you.

NC Health*Smart* can also help. As a State Health Plan member, you have access to a health coach who is waiting to hear from you. Health coaches can assist you with managing stress at no additional cost to you. Call 800-817-7044 today!

Visit www.shpnc.org to learn more about how NC Health*Smart* can help you deal with stress and stay healthy. On the NC Health*Smart* main page, scroll down to click on the Achieve Solutions® website link for additional stress-busting ideas. Click on "All Topics," then "Stress."

Life's complicated…managing stress doesn't have to be.

800-817-7044

NC HEALTH*Smart*
An initiative of the State Health Plan

Members eligible for NC HealthSmart services are members whose primary health coverage is through the State Health Plan.