

You matter.

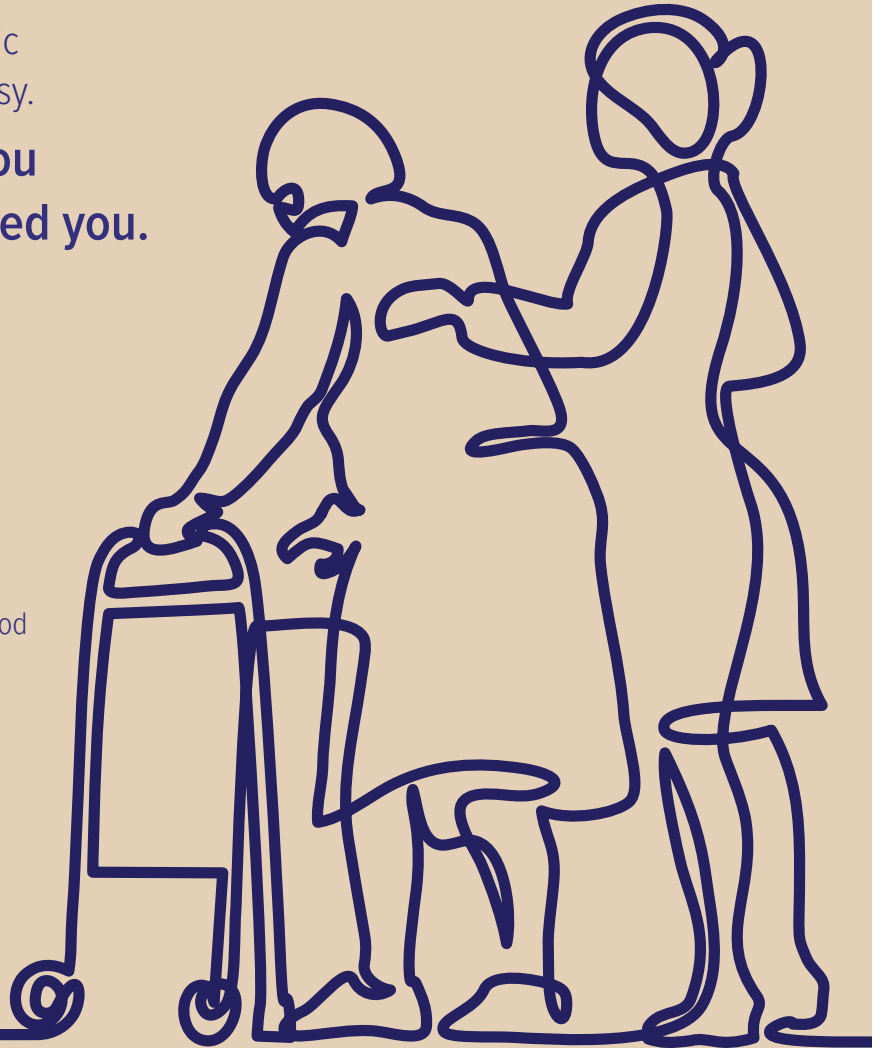
Caring for a loved one with a chronic condition such as dementia isn't easy.

Take care of yourself so you can care for those who need you.

Caregivers are at risk for depression, high blood pressure, heart disease and other illnesses.

Tips for self-care:

- Don't go it alone. Ask for help.
- Listen to your body and get enough sleep.
- Practice healthy eating habits.
- Find ways to recharge, such as exercise, a hobby or connecting with friends.



Learn more in the Live Healthy section of www.BlueChoiceSC.com.

