

Caring for the Caregivers

Take time out for yourself



24%

Adults in the U.S. who care for more than one person



51%

Caregivers who gain fulfillment from their role



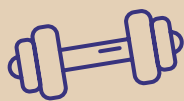
53 Million

Number of Americans providing unpaid care for a loved one



10 Minutes

The time it takes for a quick break to stretch or meditate



30 Minutes

The amount of exercise a caregiver needs each day to reduce stress



8 Hours

The average amount of sleep you need each night to feel your best for yourself and others

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

