

**2023 Blue Cross and Blue Shield Service Benefit Plan - FEP Blue Focus**  
**Section 5(h). Wellness and Other Special Features**  
**Healthy Families**

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**Healthy Families**

Our Healthy Families suite of resources is for families with children and teens, ages 2 to 19. Healthy Families provides activities and tools to help parents teach their children about weight management, nutrition, physical activity, and personal well-being. For more information, go to [www.fepblue.org](http://www.fepblue.org).