

**DID YOU  
KNOW:**

Research shows meditating for  
5 to 25 seconds can decrease  
stress and anxiety.

25 SECONDS

Let's change how we  
manage our mental health.

Find support at [ibx.com/knowyourmind](https://ibx.com/knowyourmind).

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association

**Independence** 