



Lay Wellness

The Diocese of Birmingham in Alabama is committed to promoting a culture of good physical, mental and spiritual health for its employees. As part of this commitment, the Diocese has a free Wellness Program through Blue Cross Blue Shield.

<http://www.behealthy.com/>

We hope this plan will encourage and support you to make healthy lifestyle choices.

To get started, please take the free HealthQuotient (HQ) Assessment.

