

Quench



Stay fully hydrated and feeling your best during the **Rethink Your Drink** challenge from Strive by Blue Cross and Blue Shield of Kansas.

Register by **August 6, 2022** at bcbsks.com/strive.



How it works

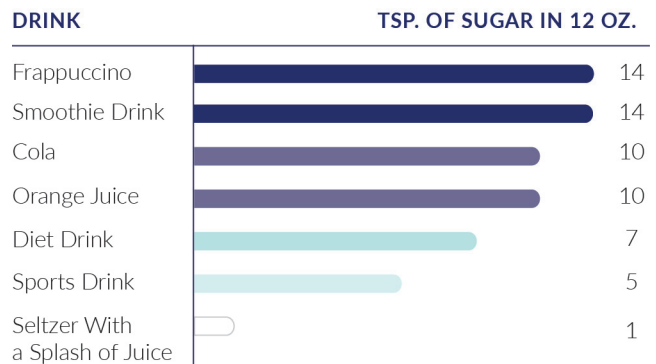
During Rethink Your Drink, track your water intake for 21 of 28 days between **August 1, 2022** and **August 28, 2022**. Drink six or more glasses for 14 days and you'll enjoy better well-being! Just record your progress on <https://member.bcbsks.com/bcbsks-member/webmdportal>.

Drink to good health

Your body weight is made of 50 to 70 percent water, making hydration important to every part of your body. By staying hydrated and replacing sugary drinks with water, you can help feel your best and prevent health issues like type-2 diabetes, heart disease, kidney disease, cavities and more.

Avoid sneaky sugars

Many drinks claim to be healthy but have high amounts of sugar in them under names like concentrated fruit juice, agave, honey, sucrose and more. See the chart below to find out how much sugar is hiding in popular drinks.



SOURCE

Mayo Clinic: "Water: How much should you drink every day?", Centers for Disease Control and Prevention: "Rethink Your Drink", National Geographic Area Coordination Centers: "Are You Hydrated? Take the Urine Color Test", American Heart Association: "Rethink Your Drink: Reducing Sugary Drinks in Your Diet", Harvard Health Publishing: "How Sweet Is It?"



Doctor Verified

Melinda Ratini, DO MS | June 2021

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Purify

Replace sugary drinks with replenishing water during the **Rethink Your Drink** challenge from Strive by Blue Cross and Blue Shield of Kansas.



Hydrate for your health

Sweet drinks are the leading source of added sugars in the American diet. By replacing them with water, you can help prevent many health issues and feel your best. During Rethink Your Drink, track your water intake for 21 of 28 days between **August 1, 2022 and August 28, 2022**. Drink six or more glasses for 14 days and you'll enjoy better well-being!

Track your progress at bcbsks.com/strive.



SOURCE

Centers for Disease Control and Prevention: "Rethink Your Drink"



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