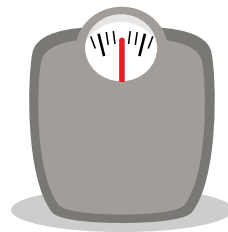
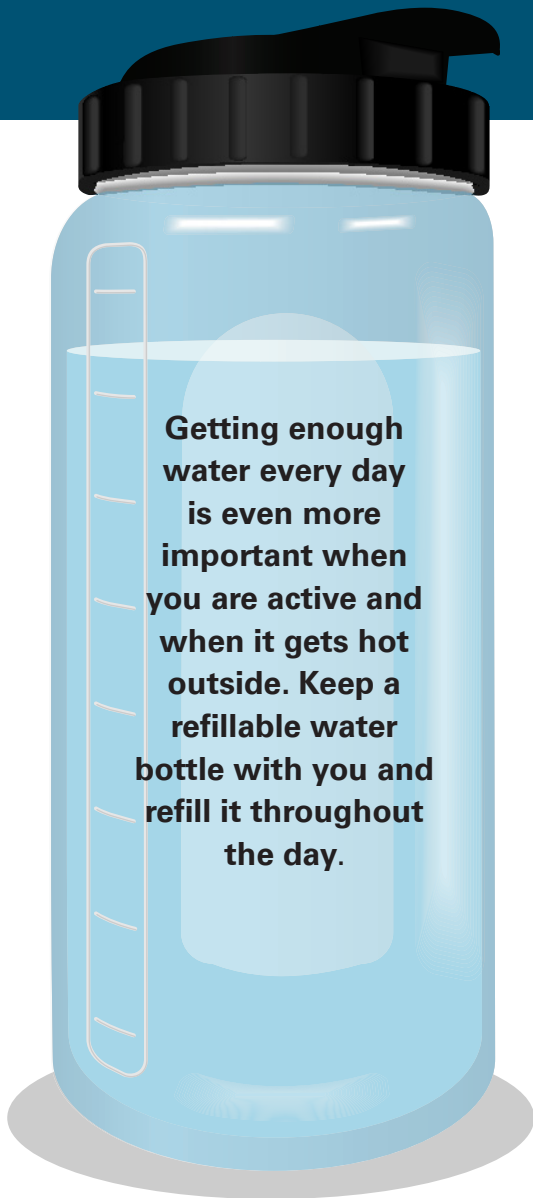


RETHINK YOUR DRINK!

DID YOU KNOW? Drinking enough water every day is important for your overall health. Not only does drinking enough water prevent dehydration, which is a condition that can cause unclear thinking, mood change, the body to overheat, constipation, and kidney stones, water also helps your body:

- Keep a normal temperature
- Protect your spinal cord and other sensitive tissues
- Lubricate and cushion joints
- Get rid of wastes through urination, perspiration, and bowel movements



Water is your body's principal chemical component and makes up about **50% to 70% of your body weight**. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly.



The average healthy adult needs **12-16 cups (96-128 ounces)** of fluids each day! You are getting enough if you rarely feel thirsty and your urine is colorless or light yellow.



Fluids can come from water, other drinks, and foods. About **20% of your daily intake of fluids comes from food** and the rest from drinks. Water is the best source as it is sugar- and caffeine-free. Add cucumber, lemon, lime, or berries to your water if you want some flavor.

Sources: CDC: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>
Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>
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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-547-7710 (TTY: 1-800-662-1220).
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY: 1-800-662-1220)。

Excellus  