



Group Broker Update



One thing I love about working at a company like Blue Shield is the access we have to smart, knowledgeable people in our industry who openly share their health care expertise. This month's lead topic is from Dr. Nicole Stelter, director of Behavioral Health Clinical Strategy and Programs, where she discusses anxiety management tips – strategies that may prove useful heading into the holiday season.

Next month we will feature a full wrap-up of 2024 and a look ahead at 2025, though for now I want to wish health and happiness to you, your families, and the communities we serve.

Thank you for everything you do for Blue Shield,

A handwritten signature in black ink, appearing to read "Jason Bleau". The signature is fluid and stylized, with a large initial "J" and "B".

Jason Bleau
Vice President & General Manager
Core Accounts and Small Group

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Core Accounts and Small Group

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- [Exciting zero deductible plan opportunity for 2025](#)
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