

Tips to increase your water intake



BlueCross BlueShield
of Mississippi

It's good to be Blue.

- ▶ Keep a large cup of water at your desk at work.
- ▶ Sip water from a straw.
- ▶ Put a reminder in your phone to drink water.
- ▶ Carry a refillable water bottle with you.
- ▶ Flavor your water with lemon juice or mint.
- ▶ Make it a habit to drink a glass of water with every meal.
- ▶ Challenge a coworker or family member to drink more water.
- ▶ Keep track of how much water you drink throughout the day.
- ▶ Don't allow yourself to drink coffee or a soda until you've consumed at least two cups of water.
- ▶ Drink a large glass of water immediately after waking up.