

# Health and Wellness Calendar

A month-by-month guide to better health for you and your employees.

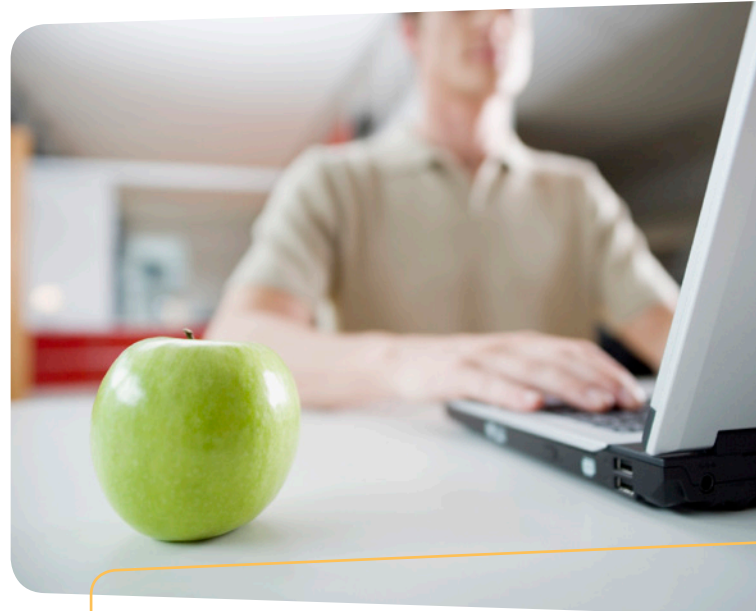


Good employee health is good for your business. Healthy employees are more productive employees — and a healthy workforce can mean fewer costly sick days and expensive medical claims.

Use this simple yet powerful tool to lead your employees to better health. It gives you quick access to health and wellness resources and related programs and services. By focusing on one health topic each month, the calendar helps you engage your employees as a group and make wellness a shared activity.

## Using the calendar is as easy as 1-2-3.

- 1. Go to <http://wellnesscalendar.anthem.com> and select your state to access the online Health and Wellness Calendar.**
- 2. A different health topic is highlighted each month:**
  - ▶ **Click on the topic below each month's name to learn more about that month's topic.** You will link directly to a related authoritative web site and a wealth of information.
  - ▶ **Related resources are listed in the box for each month; click to access the relevant health and wellness materials and information.** These include articles and flyers to distribute to employees, a message to email to employees, and more.
- 3. Click on the links in the sidebar to learn more.** Get more information about health and wellness programs and services, access wellness promotion materials at our Time Well Spent® site, including our new Wellness in the Workplace articles, and print the Health and Wellness Calendar.
- 4. Click on video images in bottom of calendar to learn more.** Share these videos with your employees to educate and raise awareness on select health and wellness programs.



## Lead your employees to better health!

- ▶ Copy and distribute flyers to employees.
- ▶ Post flyers in breakrooms and other high-traffic areas.
- ▶ Email healthy messages to employees.

This calendar was designed for fully insured clients. If you are unsure you have these health and wellness programs (24/7 NurseLine<sup>SM</sup>, ConditionCare, Future Moms, MyHealth Advantage, Healthy Lifestyles), visit the group benefits section on the EmployerAccess portal at [anthem.com](http://anthem.com) to see what programs you have.

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