Improving employee well-being is an important year-round initiative! This guide will help you plan and promote activities each month, and provide useful information to inspire your employees to be more fully engaged in their health.

Remember, this is only a guide—feel free to use some or all of the suggestions, switch up the activities or add your own! Plan your initiatives based on the greatest health needs of your organization.
Activity Calendar 2020

January
Making Self-Care a Priority
Health Observances:
- Blood Donor Month
- Healthy Weight Week
Suggested Activities:
- Arrange an onsite blood drive
- Encourage employees to see their doctor for a physical exam
- Distribute flyer: Top Self-Care Tips
- Hang poster: Top Reasons to Call Health Advocate

February
Get, and Stay, Heart-Healthy
Health Observances:
- Heart Health Month
- Wear Red Day
- World Cancer Day
Suggested Activities:
- Encourage employees to wear red on February 7
- Advise employees to talk to their doctor about important health metrics such as cholesterol, blood pressure and triglycerides
- Distribute flyer: Live Heart-Healthy
- Remind employees all of the ways Health Advocate can help with serious diagnoses

March
Healthy Ways to Flavor Foods
Health Observances:
- Nutrition Month
- Sleep Awareness Week
Suggested Activities:
- Organize a healthy recipe swap day
- Distribute flyers: Healthy Eating Made Simple and Sleep Better for a Healthier You
- Provide a healthy snack
- Hold onsite dietitian consultations

April
Reducing the Stress of Healthcare
Health Observances:
- Stress Awareness
- Public Health Week
- Earth Day
Suggested Activities:
- Encourage employees to step away from their workstations on breaks
- Arrange a group meditation session
- Plan a company-wide “green” activity such as planting a tree onsite or having a recycling day
- Distribute flyers: Top Reasons to Call Health Advocate and Tips to Reduce Healthcare Stress

May
Improve Your Well-Being at Work
Health Observances:
- Employee Health and Fitness Month
- Women’s Health Week
Suggested Activities:
- Organize a “walk at work” day
- Hold a contest for the cleanest workstation
- Give out hand sanitizer
- Distribute flyers: Get Fit, Stay Fit and Top Women’s Health Tips

June
Social Media Safety
Health Observances:
- Safety Month
- Men’s Health Week
- Family Health and Fitness Day
Suggested Activities:
- Plan a company picnic for employees and their families
- Distribute flyers: How to Have a Healthy Relationship with Technology and Top Men’s Health Tips
- Encourage employees to have a digital detox and unplug from technology
## Live Healthy, Be Happy!

<table>
<thead>
<tr>
<th>Month</th>
<th>Health Observance</th>
<th>Suggested Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>July</strong></td>
<td><strong>Prepare for the Unexpected</strong></td>
<td>• Distribute flyers: Proper Use of the ER and Sun Safety</td>
</tr>
<tr>
<td></td>
<td><strong>Health Observance:</strong> UV Safety Month</td>
<td>• Advise employees to call Health Advocate to locate in-network hospitals and urgent care centers so they’re prepared when care is needed</td>
</tr>
<tr>
<td></td>
<td><strong>Suggested Activities:</strong></td>
<td>• Hang poster: Proper Use of the ER</td>
</tr>
<tr>
<td><strong>August</strong></td>
<td><strong>Preventive Care Basics</strong></td>
<td>• Encourage employees to call their primary care doctor to ensure they’re up-to-date on screenings</td>
</tr>
<tr>
<td></td>
<td><strong>Health Observances:</strong></td>
<td>• Plan an onsite stress event and incorporate relaxing activities such as kinetic sand, coloring and yoga</td>
</tr>
<tr>
<td></td>
<td><strong>Relaxation Day</strong></td>
<td>• Distribute flyers: Quick Tips to Unwind and Keeping a Pulse on Your Health</td>
</tr>
<tr>
<td><strong>September</strong></td>
<td><strong>Fitness is For Life</strong></td>
<td>• Distribute flyers: Strive for 5 and Fitness is For Life</td>
</tr>
<tr>
<td></td>
<td><strong>Health Observances:</strong></td>
<td>• Organize a fruit and vegetable potluck</td>
</tr>
<tr>
<td></td>
<td><strong>Healthy Aging Month</strong></td>
<td>• Remind employees that their parents and parents-in-law are eligible to utilize Health Advocate services</td>
</tr>
<tr>
<td><strong>October</strong></td>
<td><strong>Get Healthy, Wealthy and Wise</strong></td>
<td>• Organize a book swap day where employees can share books they’ve read</td>
</tr>
<tr>
<td></td>
<td><strong>Health Observances:</strong></td>
<td>• Sponsor a charity event to raise money for cancer research or a cancer survivors fund</td>
</tr>
<tr>
<td></td>
<td><strong>Breast Cancer Awareness Month</strong></td>
<td>• Distribute flyers: Improve Your Credit and What’s Your Why</td>
</tr>
<tr>
<td></td>
<td><strong>Get Smart about Credit Day</strong></td>
<td>• Encourage supervisors to write letters of appreciation to their employees</td>
</tr>
<tr>
<td></td>
<td><strong>Evaluate Your Life Day</strong></td>
<td>• Organize a food drive to help stock local food banks</td>
</tr>
<tr>
<td></td>
<td><strong>Suggested Activities:</strong></td>
<td>• Distribute flyers: What Is Diabetes?, Make a Plan to Quit Tobacco and Improve Your Well-Being through Kindness</td>
</tr>
<tr>
<td><strong>November</strong></td>
<td><strong>Improving Well-Being through Kindness</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Health Observances:</strong></td>
<td>• Create a company vision board</td>
</tr>
<tr>
<td></td>
<td><strong>Diabetes Awareness Month</strong></td>
<td>• Plan an employee team-building event</td>
</tr>
<tr>
<td></td>
<td><strong>Great American Smokeout</strong></td>
<td>• Distribute flyer: Maintain a Positive Attitude</td>
</tr>
<tr>
<td></td>
<td><strong>World Kindness Day</strong></td>
<td>• Hang poster: Healthy Handwashing</td>
</tr>
<tr>
<td><strong>December</strong></td>
<td><strong>Maintaining a Positive Attitude</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Health Observances:</strong></td>
<td>• Create a company vision board</td>
</tr>
<tr>
<td></td>
<td><strong>Safe Toys and Gifts Month</strong></td>
<td>• Plan an employee team-building event</td>
</tr>
<tr>
<td></td>
<td><strong>Handwashing Week</strong></td>
<td>• Distribute flyer: Maintain a Positive Attitude</td>
</tr>
<tr>
<td></td>
<td><strong>Look on the Bright Side Week</strong></td>
<td>• Hang poster: Healthy Handwashing</td>
</tr>
</tbody>
</table>
Stay Connected for Better Health

We’re here to help.
Contact your Health Advocate team. We have many solutions, materials and resources to help you promote your initiatives and programs.

866.799.2655
info@HealthAdvocate.com

We did the research.
Visit the Health Advocate blog each month for a comprehensive list of resources and articles from credible sources to help educate your employees and support your initiatives.

Blog.HealthAdvocate.com

We have the tools.
Your Health Advocate services include an enhanced member website and mobile app that provide employees with a wealth of information to support their total well-being.

Encourage your employees to visit HealthAdvocate.com/members or download the mobile app from the App Store or Google Play.

We’re social!
Follow us on your favorite websites.
We love sharing! Use and share our posts for even more inspiration.

Helpful Tips
• Start planning early
• Consider employees’ health needs, interests and your company culture
• Communicate and promote through multiple channels such as posters, emails, social media, company intranet, and mailers
• Ensure management demonstrates support for the program
• Ask for employee feedback