

EMPLOYER RESOURCE

# Workplace Wellness

## SAMPLE WELLNESS STRATEGY CALENDAR

*Kistler Tiffany Benefits assists clients with the development of year-round wellness strategies and initiatives to promote the health and well-being of all associates and their families.*

Month	Theme	Communication and Messaging	Onsite Activities
January	Preventive Health	<ul style="list-style-type: none"> <li>» Promote preventative benefits including fitness reimbursement, weight management, and tobacco cessation</li> <li>» Provide education and awareness on cervical, prostate, and breast cancer screenings</li> </ul>	<ul style="list-style-type: none"> <li>» Implement a <i>New Year, New You</i> Challenge by promoting physical activity, healthy eating, and tobacco cessation</li> </ul>
February	Heart Health	<ul style="list-style-type: none"> <li>» Provide education and awareness on heart health (hypertension, heart disease, and heart failure, etc.)</li> <li>» High Blood Pressure</li> <li>» Stroke Warning Signs and Symptoms</li> </ul>	<ul style="list-style-type: none"> <li>» Offer blood pressure screenings</li> <li>» Offer heart health education table</li> <li>» Communicate online Heart Health Module</li> </ul>
March	Colorectal Cancer	<ul style="list-style-type: none"> <li>» Provide education and awareness related to colorectal cancer</li> <li>» Promote Healthy Cooking</li> </ul>	<ul style="list-style-type: none"> <li>» Promote onsite Registered Dietitian</li> <li>» Promote onsite seminar on cancer awareness</li> <li>» Communicate online Reading Food Labels Module</li> </ul>
April	Engagement/ Physical Activity	<ul style="list-style-type: none"> <li>» Promote benefits of walking</li> <li>» Provide educational information for back and joint health</li> <li>» Promote activity challenges</li> <li>» Promote Seasonal Eating Tips</li> </ul>	<ul style="list-style-type: none"> <li>» National Walk @ Lunch Day</li> <li>» Create a daily walking club</li> <li>» Communicate online Exercise Module</li> <li>» Implement activity challenges</li> </ul>
May	Asthma	<ul style="list-style-type: none"> <li>» Provide education and awareness on asthma</li> <li>» Promote awareness for Asthma Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>» Connect with American Lung Association for resources and toolkits</li> </ul>
June	Men's Health	<ul style="list-style-type: none"> <li>» Provide education and awareness on men's health issues and prevention guidelines</li> <li>» Promote Men's Health Month</li> </ul>	<ul style="list-style-type: none"> <li>» Offer a "Wear Blue" event</li> </ul>



Are you a current client ready to start a wellness program in your office? Interested in learning more?  
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July	Sun Safety	<ul style="list-style-type: none"> <li>» Provide education and awareness on skin cancer, water safety and sunscreen, etc.</li> </ul>	<ul style="list-style-type: none"> <li>» Offer sun safety education table</li> <li>» Connect with American Cancer Society for resources and toolkits</li> </ul>
August	Wellness Program Foundation	<ul style="list-style-type: none"> <li>» Promote <i>Know Your Numbers</i> campaign</li> </ul>	<ul style="list-style-type: none"> <li>» Distribute Employee Interest Survey</li> <li>» Promote onsite biometric screenings event</li> </ul>
September	<i>Know Your Numbers</i> Campaign	<ul style="list-style-type: none"> <li>» Promote campaign to complete the Well-being Profile</li> </ul>	<ul style="list-style-type: none"> <li>» Offer onsite biometric screenings</li> </ul>
October	Preventive Health	<ul style="list-style-type: none"> <li>» Provide education and awareness on breast health</li> <li>» Provide education on flu vaccinations</li> </ul>	<ul style="list-style-type: none"> <li>» Offer breast health awareness education table</li> <li>» Promote mammography screenings</li> <li>» Offer onsite flu shots</li> </ul>
November	Weight Management	<ul style="list-style-type: none"> <li>» Promote <i>Maintain, Don't Gain</i> Campaign</li> <li>» <i>Great American Smokeout</i> (always 3rd Thurs in Nov)</li> <li>» Provide handouts on healthy holiday tips</li> <li>» Share Holiday Eating Guide</li> </ul>	<ul style="list-style-type: none"> <li>» Implement <i>Maintain, Don't Gain</i> campaign</li> <li>» Communicate tobacco cessation module</li> </ul>
December	Stress	<ul style="list-style-type: none"> <li>» Provide education and awareness on stress</li> <li>» Regroup to plan for next year</li> </ul>	<ul style="list-style-type: none"> <li>» Offer holiday stress seminar</li> <li>» Communicate online stress module</li> </ul>

### Additional Ideas

Use recognition to propel your program forward and maintain momentum and engagement. Start a wellness champion monthly announcement to recognize individuals who either contribute to your wellness program or maximize their own health & well-being. Several variations can be created by using some form of acknowledgement to express appreciation and respect for those individuals. As part of your well-being plan, strive to encourage progress and social actions (buddy-system, volunteerism, community outreach).

**KISTLER**  **TIFFANY**  
BENEFITS

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