

Wellness Strategy Calendar – New Kid on the Block Sample Template

Goals: 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"> Promote Independence Healthy LifestylesSM benefits including fitness reimbursement, weight management, and tobacco cessation Provide education and awareness on cervical, prostate, and breast cancer screenings 	<ul style="list-style-type: none"> Implement a New Year, New You Challenge by promoting physical activity, healthy eating, and tobacco cessation
FEBRUARY	Heart Health	<ul style="list-style-type: none"> Provide education and awareness on heart health (hypertension, heart disease, and heart failure, etc.) High Blood Pressure Stroke-Warning-Signs-and-Symptoms 	<ul style="list-style-type: none"> Offer blood pressure screenings Offer heart health education table Communicate online heart health module
MARCH	Colorectal Cancer	<ul style="list-style-type: none"> Provide education and awareness related to colorectal cancer Healthy Cooking 	<ul style="list-style-type: none"> Promote onsite Registered Dietitian Promote onsite seminar on cancer awareness Communicate online reading food labels module
APRIL	Engagement/ Physical Activity	<ul style="list-style-type: none"> Promote benefits of walking Provide educational information for back and joint health Promote Losers R Winners challenge Seasonal Eating Tips 	<ul style="list-style-type: none"> National Walk @ Lunch Day Create a daily walking club Communicate online exercise module Implement Losers R Winners challenge
MAY	Asthma	<ul style="list-style-type: none"> Provide education and awareness on asthma Promote awareness for Asthma Action Plan asthma-action-plan 	<ul style="list-style-type: none"> Connect with American Lung Association for resources and toolkits

JUNE	Men's Health	<ul style="list-style-type: none"> • Provide education and awareness on men's health issues and prevention guidelines • Men's health month 	<ul style="list-style-type: none"> • Offer a "Wear Blue" event
JULY	Sun Safety	<ul style="list-style-type: none"> • Provide education and awareness on skin cancer, water safety, and sunscreen, etc. 	<ul style="list-style-type: none"> • Offer Sun Safety education table • Connect with American Cancer Society for resources and toolkits
AUGUST	Wellness Program Foundation	<ul style="list-style-type: none"> • Promote Know Your Numbers campaign 	<ul style="list-style-type: none"> • Distribute Employee Interest Survey • Promote onsite biometric screenings event
SEPTEMBER	Know Your Numbers Campaign	<ul style="list-style-type: none"> • Promote campaign to complete the Well-being Profile 	<ul style="list-style-type: none"> • Offer onsite biometric screenings • Communicate online Know Your Numbers module
OCTOBER	Preventive Health	<ul style="list-style-type: none"> • Provide education and awareness on breast health • Provide education on flu vaccinations 	<ul style="list-style-type: none"> • Offer breast health awareness education table • Promote mammography screenings • Offer onsite flu shots
NOVEMBER	Weight Management	<ul style="list-style-type: none"> • Promote Maintain, Don't Gain Campaign • Great American Smokeout (always 3rd Thurs in Nov) • Provide handouts on healthy holiday tips • Holiday Eating Guide 	<ul style="list-style-type: none"> • Implement Maintain, Don't Gain campaign • Communicate tobacco cessation module
DECEMBER	Stress	<ul style="list-style-type: none"> • Provide education and awareness on stress • Regroup to plan for next year 	<ul style="list-style-type: none"> • Offer holiday stress seminar • Communicate online stress module

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 wellbeing plan, strive to encourage progress and social actions (buddy-system, volunteerism, community outreach).