

Achieve Well-being @Work with Independence!

Operating plan #1 – bi-monthly

Month	Focus	Communications	(Onsite) Program	Location
Model				
October	Know Your Numbers Be Empowered	Employee Launch & Healthy You!	BMI Screenings	
December	Health Fair	Health Fair Promotion Healthy You!	Health Fair – all vendors	HQ
February	New Year, New You! Be Nourished	Healthy You! Get Good Living	Healthy Eating programming	
April	Fitness Friday Be Active	Health Fair Promotion & Healthy You!	Physical Activity	
June	Health Fair	Healthy You! Get Good Living	Health Fair – all vendors	
August	Sun Safety – Be Energized	Healthy You!	Mindfulness class	

Operating plan #2 – quarterly

Month	Focus	Communications	(Onsite) Program	Location
Model				
October	Know Your Numbers Be Empowered	Employee Launch & Healthy You!	BMI Screenings	
January	Destress Your Life Be Energized	Healthy You! Get Good Living	Chair Massage & Yoga	
April	Fitness Friday Be Active	Health Fair Promotion & Healthy You!	Physical Activity	
July	Summer Eating Habits - Be Nourished	Healthy You!	Healthy Eating	

Operating plan #3 – monthly

Month	Focus	Communications	(Onsite) Program	Location
September	Know Your Numbers Be Empowered	Employee Launch & Healthy You!	BMI Screenings	
October	Fitness Friday Be Active	Health Fair Promotion Healthy You!	Physical Activity	
November		Health Fair Promotion Healthy You!	Health Fair – all vendors	
December	Destress Your Life Be Energized	Healthy You!	Chair Massage & Yoga	
January	New Year, New You! Be Nourished	Healthy You!	Nutrition Seminar	
February	Heart Health Be Empowered	Mid Program Evaluation & Healthy You!	BMI Screenings	
March	Fitness Friday Be Active	Health Fair Promotion & Healthy You!	Physical Activity	
April		Healthy You! Get Good Living	Health Fair - all vendors	
May	Know Before You Go! Be Empowered	Healthy You! Get Good Living	BMI Screenings	
June	Summer Eating Habits - Be Nourished	Healthy You!	Webinar	ALL Staff
July	Sun Safety – Be Empowered	Healthy You!	Webinar	ALL Staff
August	Be Energized	Healthy You!	Webinar	ALL Staff



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