

## With a little help from the Wellness calendar

The Wellness Monthly Planner (on the back) has suggested monthly topics, to related handouts, posters and websites to help you develop your wellness plan.

### Choose from topics such as:

- Emotional Health
- Stress Management
- Weight Management
- Exercise
- Nutrition
- And more ...



### To get started:

1. Choose a topic from the calendar on the back.

Or check out the [National Health Observance Calendar](#) for more topic ideas.

2. It's easy to access the related health and wellness materials.

Visit [AlabamaBlue.com/employers](http://AlabamaBlue.com/employers) and select “Forms & Materials.” You can download the PDFs to print or email, or order them.

3. Use the resources to promote your event!

You can use the posters to promote your event and give the health handouts to your employees as takeaways.



**BlueCross BlueShield of Alabama**

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# Monthly Wellness Calendar

Visit [AlabamaBlue.com/employers](http://AlabamaBlue.com/employers) and select “Forms & Materials” to download or order the wellness materials listed below. For a complete list of monthly health topics, visit [National Health Observances](#).

	January	February	March
<b>Q1</b>	<p><b>Introducing myBlueWellness</b></p> <p><b>AlabamaBlue</b> www.Alabamablue.com/mybluwellness</p> <p><b>myBlueCross and mobile apps</b> PER-72 “Wellness Tools for You” FYH-279</p>	<p><b>Heart Month</b></p> <p>Coronary Artery Disease <b>FYH-47</b> Lowering Your Cholesterol <b>FYH-4</b> Food for the Heart <b>FYH-99</b></p> <p><b>American Heart Association</b> www.heart.org</p>	<p><b>Nutrition Month</b></p> <p>What Makes a Healthy Meal <b>FYH-224</b> MyPlate poster <b>FYH-220</b> Sugar: Measure it Wisely <b>FYH-49</b></p> <p><b>Choose My Plate</b> <a href="https://www.myplate.gov/">https://www.myplate.gov/</a></p>
	April	May	June
<b>Q2</b>	<p><b>Physical Activity and Exercise</b></p> <p>Exercise Make Time for It <b>FYH-14</b> Exercise for the Whole Family <b>FYH-289</b></p> <p><b>President’s Council on Sports, Fitness &amp; Nutrition</b> <a href="https://health.gov/our-work/nutrition-physical-activity/presidents-council">https://health.gov/our-work/nutrition-physical-activity/presidents-council</a></p> <p><b>Move Your Way</b> <a href="https://health.gov/moveyourway">https://health.gov/moveyourway</a></p>	<p><b>Blood Pressure Education</b></p> <p>High Blood Pressure <b>FYH-36</b></p> <p><b>National Heart Blood and Lung Institute</b> <a href="http://www.nhlbi.nih.gov/">http://www.nhlbi.nih.gov/</a></p>	<p><b>Men’s Heath Month</b></p> <p>Prostate Cancer <b>FYH-121</b> Testicular Cancer <b>FYH-139</b> Colorectal Cancer <b>FYH-185</b></p> <p><b>American Cancer Society</b> www.Cancer.org</p>
	July	August	September
<b>Q3</b>	<p><b>Healthy Families: Healthy Kids</b></p> <p>Healthy Families Kids Toolkits <b>FYH-282</b> Baby Yourself Toolkit <b>ADV-5</b></p>	<p><b>Cancer Prevention</b></p> <p>Sunscreen Use <b>FYH-20</b> Lung Cancer <b>FYH-184</b> Colorectal Cancer <b>FYH-185</b></p> <p><b>American Cancer Society</b> www.Cancer.org</p>	<p><b>Focus on Fruits and Veggies</b></p> <p>Fruits and Veggie Tracker <b>FYH-273</b> Better Health with Fruits and Vegetable <b>FYH-189</b></p> <p><b>Choose My Plate</b> <a href="https://www.myplate.gov/">https://www.myplate.gov/</a></p>
	October	November	December
<b>Q4</b>	<p><b>Breast Cancer Awareness</b></p> <p>Breast Cancer <b>FYH-46</b></p> <p><b>American Cancer Society</b> <a href="http://www.cancer.org/cancer/breastcancer/index">http://www.cancer.org/cancer/breastcancer/index</a></p>	<p><b>Diabetes Awareness</b></p> <p>Diabetes <b>FYH-2</b></p> <p><b>American Diabetes Association</b> <a href="https://www.diabetes.org/">https://www.diabetes.org/</a></p> <p><b>Great American Smokeout Tobacco Free Toolkit</b> <b>FHV-4</b></p> <p><b>American Cancer Society</b> www.Cancer.org</p>	<p><b>Healthy Holidays</b></p> <p>Stress Management Toolkit <b>FHV-28</b></p>
<b>Start planning now for the next year’s wellness activities.</b>			

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