

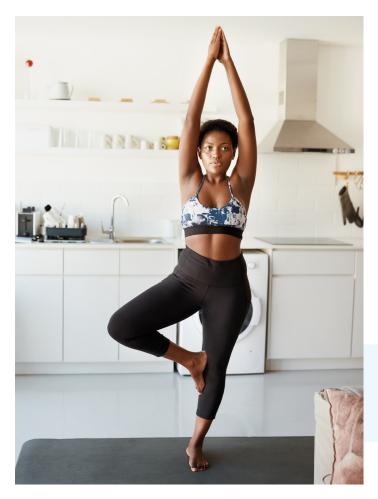
Jumpstart your wellness plan

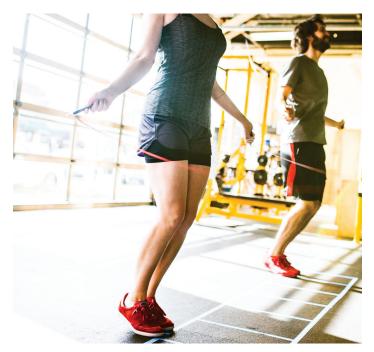
With a little help from the Wellness calendar

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
- Exercise
- Stress ManagementWeight Management
- NutritionAnd more ...





To get started:

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

Or check out the <u>National Health Observance</u> <u>Calendar</u> for more topic ideas.

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

Visit <u>AlabamaBlue.com/employers</u> 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.



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Monthly Wellness Calendar

Visit <u>AlabamaBlue.com/employers</u> and select "Forms & Materials" to download or order the wellness materials listed below. For a complete list of monthly health topics, visit <u>National Health Observances.</u>

	January	February		March	
Q1	Introducing <i>my</i> BlueWellness AlabamaBlue www.Alabamablue.com/mybluewellness <i>my</i> BlueCross and mobile apps PER-72 "Wellness Tools for You" FYH-279	Lowering Your Cholesterol	FYH-47 FYH-4 FYH-99	Nutrition Month What Makes a Healthy Meal MyPlate poster Sugar: Measure it Wisely Choose My Plate https://www.myplate.gov/	FYH-224 FYH-220 FYH-49
	April	May		June	
Q2	Physical Activity and ExerciseExercise Make Time for ItFYH-14Exercise for the Whole FamilyFYH-289President's Council on Sports, Fitness & NutritionHttps://health.gov/our-work/nutrition-physical-activity/presidents-council	Blood Pressure Education High Blood Pressure F National Heart Blood and Lung Institute http://www.nhlbi.nih.gov/	FYH-36	Men's Heath Month Prostate Cancer Testicular Cancer Colorectal Cancer American Cancer Society www.Cancer.org	FYH-121 FYH-139 FYH-185
	Move Your Way https://health.gov/moveyourway	August		September	
	July	Cancer Prevention			
Q3	Healthy Families: Healthy Kids Healthy Families Kids Toolkits FYH-282		FYH-20	Focus on Fruits and Veggies Fruits and Veggie Tracker	FYH-273
Q3	Baby Yourself ToolkitADV-5	- 5	YH-184 YH-185	Better Health with Fruits and Vegetable	FYH-189
Q3	2	- 5	-		
Q3	2	Colorectal Cancer FY American Cancer Society	-	and Vegetable Choose My Plate	
Q3	Baby Yourself Toolkit ADV-5	Colorectal Cancer FY American Cancer Society www.Cancer.org	-	and Vegetable Choose My Plate https://www.myplate.gov/	
Q3 Q4	Baby Yourself Toolkit ADV-5 October Breast Cancer Awareness	Colorectal CancerFYAmerican Cancer Society www.Cancer.orgFYNovemberDiabetes Awareness	YH-185 FYH-2	and Vegetable Choose My Plate https://www.myplate.gov/ December Healthy Holidays	FYH-189

Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association. *my*BlueWellness is a wellness website offered by Blue Cross and Blue Shield of Alabama and powered by WebMD[®]. The Health Assessment tool for our customers is provided by WebMD, an independent company.