

Wellness Planning Calendar

2020

JANUARY

New Year's health goals

Member webinar:
Motivation: starting and keeping healthy habits

Newsletter topic:
New year, new you

Preventive focus:
Annual preventive screenings

FEBRUARY

Heart health

Member webinar:
Arteries and inflammation: maintaining your highways to health

Newsletter topic:
Heart-smart living

Preventive focus:
Blood pressure

MARCH

Healthy eating

Member webinar:
Debunking nutrition myths

Newsletter topic:
Navigating nutrition

Preventive focus:
Eating the rainbow

APRIL

Health care planning

Member webinar:
Advocating for health: taking care of you and yours

Newsletter topic:
Taking charge of your health

Preventive focus:
Choosing your care team

MAY

Physical activity

Member webinar:
Your muscles and metabolism

Newsletter topic:
Keep moving

Preventive focus:
Lipid panel

JUNE

Workplace wellness

Member webinar:
Keep it moving: flexibility and mobility

Newsletter topic:
Healthy @ work

Preventive focus:
Vitamin D

JULY

Summer health

Member webinar:
Healthy skin for life

Newsletter topic:
Safe summer fun

Preventive focus:
Skin cancer screening

AUGUST

Emotional health

Member webinar:
Positive steps for managing conflict

Newsletter topic:
Feeling your best

Preventive focus:
Depression and anxiety screening

SEPTEMBER

Healthy aging

Member webinar:
Elder care

Newsletter topic:
Thriving at all ages

Preventive focus:
Flu vaccine

OCTOBER

Tobacco cessation

Member webinar:
Tobacco and vaping: what you need to know

Newsletter topic:
Kicking the habit

Preventive focus:
Tobacco cessation

NOVEMBER

Condition management

Member webinar:
Success for life: managing your health condition

Newsletter topic:
Living with chronic disease

Preventive focus:
A1c

DECEMBER

Sleep health

Member webinar:
Overcoming insomnia

Newsletter topic:
Getting sound sleep

Preventive focus:
Thyroid stimulating hormone