

# 2024 Wellbeing Calendar

Engage, educate and empower your workforce with monthly wellbeing tips.

Each month, we promote a different wellbeing topic designed to complement your workplace wellbeing program. The emailed tips include newsletter content, challenges, flyers, additional resources, and more. Sign up with your Univera Healthcare account manager or wellbeing consultant to receive the monthly wellbeing tips.

January	February	March
 <p>Preventive Care</p>	 <p>Heart Health</p>	 <p>Sleep</p>
April	May	June
 <p>Primary Care Providers</p>	 <p>Mental Health</p>	 <p>Employee Wellness</p>
July	August	September
 <p>Physical Activity</p>	 <p>Immunizations</p>	 <p>Substance Use</p>
October	November	December
 <p>Breast Cancer/Dental Health</p>	 <p>Diabetes</p>	 <p>Self-Care/Seasonal Blues</p>

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-547-7710 (TTY 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY 711)。

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 HEALTHCARE

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