

Take Action...

Get Rewarded

Worksite Health and Wellness Action Plan

Prepared for: _____ Date: _____

Help your employees embrace a healthier lifestyle, by taking full advantage of the suite of Total Health Management programs from Medica. This action planning tool can help you map out your worksite activities for a year of health and wellness promotions.

We have created a library of ready-made educational and promotional pieces that you can simply email to your employees, include in your organization's publications, or print as handouts to post in break rooms or other locations for your employees.

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
National health observances	Wise consumer health month	American heart month	National nutrition month	Cancer control month	Asthma and allergy awareness month	Home safety month	UV safety month	Immunization awareness month	Cholesterol education month	Mental health awareness	Great American Smokeout	Healthy holidays
Medica health topic newsletters	Wise health care consumer	Healthy hearts	Healthy diets	Cancer awareness	Asthma and allergy awareness	Summer safety	Prevention is key to good health	Healthy habits	Diabetes awareness	Mental health depression	Tobacco cessation Flu tips and clinics	Stress
Medica health and wellness resources ¹	Online health and wellness center	Health assessment	Healthy living program	Medica health challenges	Health and wellness coaching ²	Preventive health reminders	24-hour nurse line	Healthy pregnancy program	Health club reimbursement program ²	Employee assistance program ² (EAP)	Tobacco cessation Flu tips and clinics	Online member service center
Employer worksite health and wellness activities												
Medica health challenge promotions			Promote Medica Shape Up Challenge	Medica Shape Up Challenge	Medica Shape Up Challenge			Promote Rate Your Plate Challenge	Rate Your Plate Challenge 9/1-9/30		Promote Chill Out Challenge 11/23 -	Chill Out Challenge 12/18

¹ Medica has created mini-kits of ready-made promotional materials on the health and wellness programs available to members through their Medica plan. Each of the kits consists of an 8 1/2 x 11 flyer/poster, email messaging or payroll stuffer, and a newsletter. A 24x36 poster is available in PDF format on request.

² Included with fully insured plans; available for purchase by self-insured plans.