

With a little help from the Wellness calendar

The Wellness Monthly Planner (on the back) has suggested monthly topics, plus links 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 ...



Did you know?

You can download and print these resources right from your computer.

	January	February	March
Q1	myBlueWellness.com Wellness Tools for You, FYH-279FL myBlueWellness Toolkit, FHV-31FL	Heart Health FYH-4FL, 47FL, 88FL, 187FL Website: National Wear Red Day , www.goredforwomen.org	Nutrition Month FYH-189FL, 49FL, 273FL Nutrition Toolkit, FYH-218FL Website: Choose My Plate
Q2	April Time to Exercise Exercise: Make time for it FYH-14FL My Health Assistant FYH-8FL Exercise for the whole family FYH-268FL	May Blood Pressure Education High Blood Pressure: What You Should Know, FYH-36FL Website: National Heart Blood and Lung Institute	June Men's Health Month FYH-121FL, 139FL, 185FL Preventive Screenings Toolkit, FHV-50FL Blue Cross Chronic Condition Program, FHV-20FL
Q3	July Healthy Families: Healthy Kids Healthy Families: Healthy Kids Toolkit, FYH-282FL Baby Yourself Toolkit, ADV-5FL Website: Baby Yourself Maternity Program	August Immunization Awareness FHV-51FL, FYH-12FL Cancer Prevention Preventive Screenings Toolkit: FHV-50FL FYH-20FL, 184FL, 185FL, 269FL	September Focus on Fruits and Veggies Fruit and Veggie Tracker, FYH-273FL Website: Fruits and Veggies: More Matters Childhood Obesity Awareness Healthy Families: Healthy Kids Toolkit, FYH-282FL
Q4	October National Breast Cancer Awareness Month Preventive Screenings Toolkit, FHV-50FL, FYH-46FL Website: Breast Cancer: American Cancer Society	November American Diabetes Month Diabetes: Know the Warning Signs, FYH-2FL Website: American Diabetes Association Great American Smokeout Tobacco-Free Toolkit, FHV-4FL Website: American Cancer Society	December Healthy Holidays Stress Management Toolkit, FHV-28FL Website: myBlueWellness

Start planning now for the next year's wellness activities.

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 FL.ExploreMyPlan.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 Florida

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Monthly Wellness Calendar

Visit [FL.ExploreMyPlan.com/Employers](https://www.fl.exploremyplan.com/employers) and select “Forms & Materials” to download or order the wellness materials listed below. For a complete list of monthly health topics, visit [HealthFinder.gov](https://www.healthfinder.gov).

	January	February	March
Q1	<p>myBlueWellness.com</p> <p>Wellness Tools for You, FYH-279FL</p> <p>myBlueWellness Toolkit, FHV-31FL</p>	<p>Heart Health</p> <p>FYH-4FL, 47FL, 88FL, 187FL</p> <p>Website: National Wear Red Day, www.goredforwomen.org</p>	<p>Nutrition Month</p> <p>FYH-189FL, 49FL, 273FL</p> <p>Nutrition Toolkit, FYH-218FL</p> <p>Website: Choose My Plate</p>
Q2	<p>April</p> <p>Time to Exercise</p> <p>Exercise: Make time for it FYH-14FL</p> <p>My Health Assistant FYH-8FL</p> <p>Exercise for the whole family FYH-268FL</p>	<p>May</p> <p>Blood Pressure Education</p> <p>High Blood Pressure: What You Should Know, FYH-36FL</p> <p>Website: National Heart Blood and Lung Institute</p>	<p>June</p> <p>Men’s Health Month</p> <p>FYH-121FL, 139FL, 185FL</p> <p>Preventive Screenings Toolkit, FHV-50FL</p> <p>Blue Cross Chronic Condition Program, FHV-20FL</p>
Q3	<p>July</p> <p>Healthy Families: Healthy Kids</p> <p>Healthy Families: Healthy Kids Toolkit, FYH-282FL</p> <p>Baby Yourself Toolkit, ADV-5FL</p> <p>Website: Baby Yourself Maternity Program</p>	<p>August</p> <p>Immunization Awareness</p> <p>FHV-51FL, FYH-12FL</p> <p>Cancer Prevention</p> <p>Preventive Screenings Toolkit: FHV-50FL</p> <p>FYH-20FL, 184FL, 185FL, 269FL</p>	<p>September</p> <p>Focus on Fruits and Veggies</p> <p>Fruit and Veggie Tracker, FYH-273FL</p> <p>Website: Fruits and Veggies: More Matters</p> <p>Childhood Obesity Awareness</p> <p>Healthy Families: Healthy Kids Toolkit, FYH-282FL</p>
Q4	<p>October</p> <p>National Breast Cancer Awareness Month</p> <p>Preventive Screenings Toolkit, FHV-50FL, FYH-46FL</p> <p>Website: Breast Cancer: American Cancer Society</p>	<p>November</p> <p>American Diabetes Month</p> <p>Diabetes: Know the Warning Signs, FYH-2FL</p> <p>Website: American Diabetes Association</p> <p>Great American Smokeout</p> <p>Tobacco-Free Toolkit, FHV-4FL</p> <p>Website: American Cancer Society</p>	<p>December</p> <p>Healthy Holidays</p> <p>Stress Management Toolkit, FHV-28FL</p> <p>Website: myBlueWellness</p>
<p>Start planning now for the next year’s wellness activities.</p>			

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