

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

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 AlabamaBlue.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 Alabama

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Monthly Wellness Calendar

Visit AlabamaBlue.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.

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Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association. myBlueWellness is a wellness website offered by Blue Cross and Blue Shield of Alabama and powered by WebMD®. HealthQuotient® is a health assessment tool for our customers provided by WebMD, an independent company.