

360° Health® Wellness Calendar

A month-by-month guide to better health for you and your employees.



Good employee health is good for your business. Healthy employees are more productive employees—and a healthy workforce can mean fewer costly sick days and expensive medical claims.

Use this simple yet powerful tool to lead your employees to better health. It gives you quick access to wellness resources and related 360° Health programs and services. By focusing on one health topic each month, the calendar helps you engage your employees as a group and make wellness a shared activity.

Using the calendar is as easy as 1-2-3.

1. Go to <http://wellnesscalendar.anthem.com> and select your state to access the online 360° Health Wellness Calendar.
2. A different health topic is highlighted each month:
 - ▶ Click on the topic below each month's name to learn more about that month's topic. You will link directly to a related authoritative web site and a wealth of information.
Example: Click on "Smoking Cessation Month" in January and you will link to the American Lung Association® web site.
 - ▶ Related resources are listed in the box for each month; click to access the relevant health and wellness materials and information on 360° Health programs. These include articles and flyers to distribute to employees, a message to email to employees, and more.
Example: During January's "Smoking Cessation Month" you'll find flyers about our "ConditionCare COPD" program and "MyHealth Assessment," an article with tips to help quit smoking and a wellness email for employees.
3. Click on the links in the sidebar to learn more. Get more information about 360° Health programs and services, access wellness promotion materials at our Time Well Spent™ site, and print the 360° Health Wellness Calendar.



Lead your employees to better health!

- ▶ Copy and distribute flyers to employees.
- ▶ Post flyers in breakrooms and other high-traffic areas.
- ▶ Email healthy messages to employees.