

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 Excellus BlueCross BlueShield account manager or wellbeing consultant to receive the monthly wellbeing tips.

2024 Wellbeing Calendar		
JANUARY  Preventive Care	FEBRUARY  Heart Health	MARCH  Sleep
APRIL  Primary Care Providers	MAY  Mental Health	JUNE  Employee Wellness
JULY  Physical Activity	AUGUST  Immunizations	SEPTEMBER  Substance Use
OCTOBER  Breast Cancer/Dental Health	NOVEMBER  Diabetes	DECEMBER  Self-Care/Seasonal Blues

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Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex. Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros. 注意: 如果您说中文, 我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。



Everybody Benefits