

# Round Trip Flight to a Healthy Lifestyle

*The goal for this program is to help develop a custom educational & informational program for our clients that supports behavior change through the increased awareness of personal health status and associated risk factors.*

# Wellness & Communication Calendar

*The One Source Advisors Annual Wellness & Communication Calendar is a valuable, interactive resource that gives our clients direct access to health and wellness information with supporting flyers, posters, healthy recipes and payroll stuffers. The calendar follows the National Health Observances, and we've leveraged our relationships with the carriers we work with to bring the best information from each to you. Our Wellness & Communication Calendar is a turnkey tool for our clients wellness initiatives that is updated on annual basis.*



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## Wellness & Communication Calendar

### January

Smoking Cessation Month	
Poster	
Carrier Articles & Resources	Smoking Cessation Newsletter – UHC Be a Quitter – Anthem
Helpful Health Links	American Lung Association Freedom From Smoking Cessation Program

### February

Healthy Heart Month	
Healthy Recipe	
Carrier Articles & Resources	Heart Health – Humana Healthier Heart – Anthem Healthy Heart Foods - Anthem
Helpful Health Links	Heart Healthy Online American Heart Association Healthy Heart Guide

### March

Nutrition Month	
Healthy Recipe	
Carrier Articles & Resources	Good Health Dietary Guidelines – UHC Nutrition Newsletter – UHC Worksite Nutrition Tips – UHC Reading Nutrition Labels – Anthem
Helpful Health Links	Eat Right - American Dietetic Association Join Aetna's Healthy Food Fight Challenge Nutrition.gov MyPyramid

### April

Alcohol Awareness Month	
Payroll Stuffer	
Carrier Articles & Resources	Health Finder Alcohol Awareness HR Toolkit
Helpful Health Links	Local Substance Abuse Resources & Counseling by County Rethinking Drinking

### May

Blood Pressure Education Month	
Payroll Stuffer	
Carrier Articles & Resources	High Blood Pressure Overview – Anthem Walking Cuts Blood Pressure – Anthem Stress Management Newsletter – UHC
Helpful Health Links	American Heart Association High Blood Pressure Prevention High Blood Pressure Detection

### June

Men's Health Month	
Poster	
Carrier Articles & Resources	Screening Guidelines for Men – UHC Preventing Prostate Cancer – Anthem Men's Health Facts – menshealth.org
Helpful Health Links	Men's Health Month

### July

Skin Cancer Awareness Month	
Payroll Stuffer	
Carrier Articles & Resources	Sun Doesn't Equal Fun – Humana Self-Skin Exam – Anthem Sun Safety Guide – CDC
Helpful Health Links	Centers for Disease Control & Prevention Cancer Research Institute Skin Cancer Foundation

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*If you are interested in your own copy of our wellness calendar and information on our other health and wellness programs, please contact Kelcey Hoban at One Source Advisors, Inc. [kh@osadvise.com](mailto:kh@osadvise.com)*