2020 Workplace Wellness Calendar

Monthly health campaigns to empower your employees

Important Note: This resource is designed for fully-insured groups with more than 50 employees enrolled in Providence Health Plan.
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Workplace Wellness Calendar Overview

Empower and engage your employees

Our Workplace Wellness Calendar can help you plan, promote and implement activities throughout the year. Each month features a different health topic, Providence and industry resources and tools for employees to take action. We have suggested a month for each topic but these can be adjusted to align with your organizational promotions or events.
Weave self-care into your workday
Take purposeful action during the day and consider trying one of these ideas:

• Jot down 3 things you want to accomplish
• Take a walking meeting
• Have lunch away from your workspace
• Organize your workspace

Source: Harvard Business Review

Tools to take action

Did you know?

Less than 25% of people who set health resolutions stay committed after 30 days
There are many reasons setting health resolutions fail – try setting a goal instead. Goals are more specific, making them more effective.
Source: To Your Health Blog, Providence Health & Services

Learn more

Self-care improves our well-being
It may take some trial and error to discover what fits well in your life, but the goal is to establish a self-care routine that becomes part of your lifestyle.
Source: New York Times

Nourish your body and soul
We can’t function well if we aren’t well. Consider practicing self-care with these strategies:
• Move more – any amount
• Eat more whole foods
• Calm your mind
• Sleep at least 7 hours
Source: Harvard Health Publishing

Take a health assessment
The Providence personal health assessment asks you questions about your health history and daily habits. It will let you know your high-risk areas and provide recommendations to help you achieve your well-being goals.

Set SMART goals
SMART goals are Specific, Measureable, Achievable, Relevant, and Time-bound. Download the Goalmap app to help you stay motivated and track your progress.

Visit myProvidence.com
Did you know?

Heart disease claims a life in the US about once every 85 seconds. In many cases, it’s preventable. Learn more about the leading cause of death in the United States. Source: Northwestern Medicine

Learn more

Heart disease risk factors
Several factors influence your risk for heart disease. Some of these factors can be modified, such as tobacco use, physical activity, nutrition, and stress. Source: Harvard School of Public Health

How to eat for a healthier heart
Choosing nutrient-rich foods over less healthy ones has a significant impact on your cardiovascular health. It’s recommended to avoid added sugars, refined carbs and highly processed foods. Instead, focus on a diet heavy in vegetables, fruits and legumes. Source: Right as Rain Blog, University of Washington Medicine

Tools to take action

28 days towards a healthy heart
Challenge yourself to take action in reducing your risk for heart disease. Try a new activity each day. Use the NHLBI’s resource as a guide.

Healthy heart splurges
Choose behaviors that make your heart and mind happy, like:
• Chill time, just for you
• Sleep in (or take a nap)
• Exercise with friends
• Treat yourself to some dark chocolate
Source: Johns Hopkins Medicine

Use your ChooseHealthy benefit
Get up to 25% off popular health and fitness brands, like Vitamix and Fitbit. You can also get discounts on services from specialty health care practitioners. Check out the discounts at choosehealthy.com.

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Did you know?

Probiotics help the brain-gut connection
Probiotics may help boost mood and cognitive function. Add probiotic foods to your diet, like kimchi, kefir, and kombucha.
Source: Harvard Health Publishing

Learn more

Diet mythbusters
With so much conflicting information out there, it can be confusing what’s actually good for you. Here’s what’s true:
• Eating real fruits and vegetables is better than drinking juice.
• Your body needs fat to survive; focus on healthy fats from plant sources
Source: Right as Rain Blog, University of Washington Medicine

Salads don’t have to be boring
With a few simple additions, salads can be delicious, healthy and inexpensive.
Source: American Heart Association

Tools to take action

Try these heart healthy food swaps
Make simple adjustments to boost your health, like:
• Choose nuts over chips
• Reach for coffee or tea, not soda
• Broil or grill salmon instead of steak
• Ditch white side dishes in favor of green ones
Source: Johns Hopkins Medicine

Eat more fresh fruits and vegetables
Check out which fruits and vegetables are fresh in the Seasons of Eating infographic. Bonus, use the National Farmers Market Directory and visit a nearby market to support your local farmers.

Try a new recipe
Find accessible, sustainable, healthful and delicious recipes online from websites like EatingWell or Healthy For Good. Or download an app, like MyFitnessPal.

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Mental Well-being

Did you know?

1 in 5 U.S. adults experience a mental illness each year
Resiliency helps us cope with experiences that could be overwhelming. Just like other skills, we can develop resiliency to help us maintain balance during difficult periods.
Source: National Alliance on Mental Illness

Tools to take action

Practice resilience by eating well
When the brain is distracted, there’s some lack of intentionality to what we eat. Try these tips to eat for resilience:
• Eat simple meals that are easy to prepare
• Eat fruits, vegetables, whole grains and legumes – they help fight inflammation
Source: Right as Rain Blog, University of Washington Medicine

Learn more

Know the difference between stress, anxiety and panic
• Stress is a response to a difficult event
• Anxiety lasts longer than the stressful event and may last for months
• Panic attacks are similar to anxiety attacks but typically happen suddenly
Source: To Your Health Blog, Providence Health & Services

Mental health myths
Mental health is widely misunderstood and stigma often prevents people from seeking treatment.
Source: Family Doctor

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Create your own circuit workout
Body-weight training is adaptable, efficient, and effective. You just need a can-do mindset, go-to exercises, and a little bit of space. Get inspiration from the American Council on Exercise and the American Heart Association.

Spend time in nature
From Alaska to Florida, there are 61 national parks to explore. Find a park through the National Park Service. Looking for something more local? Check out AllTrails for hikes near you.

Save money on gym and boutique fitness studio memberships
From national fitness centers to neighborhood yoga studios, you’ve got options. Check out discounts available through Active&Fit and LifeBalance.

Did you know?
Consistency is key
Two weeks away from the gym can mean declines in strength, stamina and health. Source: University of Michigan Health Blog

Tools to take action

Learn more
Bite-sized exercise is legit
Just a few minutes of movement throughout the day still has health benefits. Accessible and enjoyable physical activity works best because you’ll actually do it. Source: Right as Rain Blog, University of Washington Medicine

Exercise gets your brain in shape
Physical activity can boost mood, alleviate anxiety and depression and improve memory. Source: Providence Health & Services Blog
Create a workspace that improves your well-being
Try these health hacks for your workspace:
• Change your computer set-up
• Make standing the norm
• Reduce eye strain by taking breaks
Source: Right as Rain Blog, University of Washington Medicine

Mentally prepare for your day
While getting ready, commuting or in the first 10 minutes of your workday, think about the flow of your day and what you hope to accomplish.
Source: UC Berkeley

Keep a journal
Journaling can improve emotional health and boost happiness. Use a notebook or try an app like Day One or Journey.
Source: Northwestern Medicine

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Enjoy a staycation

A staycation can be a budget-friendly alternative to a going on a trip. Try these tips to relax at home:

• Turn off your phone and don’t check work email
• Don’t overbook yourself
• Try something new and don’t be afraid to splurge on a nice meal or a massage

Source: Very Well Mind

Set up your Express Care Virtual account

Colds, allergies, rashes happen on vacation, too. With Express Care Virtual you can see a health care provider in minutes from your smartphone or tablet.

Use your healthy discount benefits

With LifeBalance, you can save on recreational and cultural activities, hotels and other travel needs. You also have access to Assist America, which provides assistance if you experience an emergency while traveling.

Learn more

Vacation is beneficial to your physical and mental well-being
Research shows that adults who don’t take vacation are more likely to have a heart attack.
Source: Healthline

Vacation has several health benefits
• Improves heart health, mental health and sleep
• Elevates your mood and strengthens relationships
Source: To Your Health Blog, Providence Health & Services

Heat, humidity and the sun can lead to several skin conditions
Warm weather can cause sunburn, heat rash, bug bites, athlete’s foot, swimmer’s itch, and folliculitis.
Source: Northwestern Medicine

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Did you know?

Loneliness can shorten a person's life by 15 years – the same impact on mortality as smoking 15 cigarettes a day.

Nearly half of Americans reported that they feel alone or isolated. Loneliness is considered a growing health epidemic that has both mental and physical effects. Source: WebMD

Tools to take action

Feel more connected
Incorporate daily strategies to stay engaged, for example:
- Thank others
- Start a conversation with someone
- Appreciate one thing in each day
Source: Harvard Health Publishing

Add hygge to your life
Hygge is a Danish concept that is about feeling relaxed and content – "coziness of the soul". Try these tips:
- Share meaningful experiences and conversations with others
- Be present in the moment, away from phones and other distractions
Source: Right at Rain Blog, University of Washington Medicine

Learn more

Get out of a rut of loneliness
Loneliness affects us. Try these strategies to help yourself:
- Join a group such as a book club or sports team or take a class
- Call friends and family
- Volunteer or work on a hobby
Source: Happify

Social connection and happiness
People who set social goals, such as to spend more time with family and friends or help people in need report greater life satisfaction than those who only set individual goals, such as to exercise more or quit smoking.
Source: UC Berkeley

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Preventive Care

Did you know?

- There’s a difference between preventive and diagnostic care. It matters because it can impact how much you pay. Preventive care helps you stay well, whereas diagnostic care is when you have symptoms or risk factors. Source: United Healthcare.

- Your biological make-up impacts your predisposition to certain health concerns. Some of the most prevalent concerns impacting women include: heart disease, stroke, diabetes, maternal health, UTIs, and breast cancer. Learn more about what you can do to manage your risk. Source: Northwestern Medicine.

- Prostate cancer impacts 1 in 5 men. Know the most common risk factors, like older age, family history and race. Source: Pfizer.

Tools to take action

- Schedule your wellness check-up. Preventive care services are covered in full when you see an in-network provider. Use the Providence Health Plan Provider Directory for help finding an in-network primary care provider.

- Find the quickest care at the lowest cost. With more options than ever for convenient, high-quality care, it can be confusing where to go when you’re not feeling well. Download our simple guide to getting the right care at the right time and the right place.

- Be a flu fighter. Provide immunity to your community by getting your flu shot every year. Flu shots are covered in full when you visit an in-network provider or pharmacy.

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Did you know?

Your body needs at least 7 hours of sleep. Sleep deprivation is associated with cardiovascular disease, diabetes, impaired cognitive functions, mental health issues, and increased motor vehicle accidents. Source: Right as Rain Blog, University of Washington Medicine.

Tools to take action

Refresh your daily routine
What you do during the day impacts how well you sleep at night. Try little strategies throughout the day, like eating breakfast by the window and using dimmers or lamps in the evening. Source: Johns Hopkins Medicine.

Use technology to help
Use the features in your smartphone to set bed time reminders or to turn on the “do not disturb” function when you go to bed. Apps like Headspace or Calm can also help you relax before bed.

Take a sleep assessment
Find out if you have a sleep condition that needs to be addressed and what you can do about it by completing the Providence Health & Services Sleep Assessment.

Learn more

The built environment impacts your sleep
Consider implementing smart strategies in your bedroom for better sleep:
- Invest in blackout curtains
- Power down electronic devices 30 minutes before bed
- Set the right temperature
Source: National Sleep Foundation.

Clean up your sleep hygiene
Tweaking your tech habits can help you wake up more refreshed and ready to face the day. Source: American Heart Association.

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Did you know?

60% of US adults have a chronic condition. Health care service use and spending is higher for those with chronic conditions than those who are healthy. The key lifestyle risks for chronic disease are tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use. Source: Centers for Disease Control and Prevention (CDC).

Learn more

What you eat impacts your risk
To reduce your risk for type 2 diabetes, heart disease and stroke, add more nuts, seeds, seafood, fruits, vegetables, whole grains, and polyunsaturated fats to your diet. Source: Harvard Health Publishing.

Set up your work environment
Arrange your workstation so you can work comfortably and safely — and reduce your risk of physical stressors that may lead to musculoskeletal disorders, Source: SAIF.

Tools to take action

Take a diabetes risk test
84 million Americans have prediabetes — and you might be one. Take a minute to take the test — and watch baby goat disco. Source: DoIHavPrediabetes.org

Get up and move during the workday
Set reminders on your phone or activity tracker to incorporate movement into your workday. Start with exercises like triceps kicks, side lunges, desk pushups or walking. Source: Washington Post.

Use your health care benefits
Get one-on-one support to reach your optimal well-being. As a Providence Health Plan member, you have access to our care management program and may be eligible for health coaching.

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Show appreciation to caregivers
Acknowledge you care by:
• Offering a helping hand
• Listening or writing a heartfelt note expressing your gratitude
• Inviting them to social gatherings
• Offering to help with research
Source: Northwestern Medicine

Daily tips for caregivers
Incorporate new strategies to take care of yourself so you can take care of others:
• Seek support and accept offers of help
• Take breaks and give yourself credit
Source: Caregiver Action Network

Use technology to help
• Circle by Providence is a free app that supports parents from pregnancy through the teen years.
• CareZone is a free app that helps caregivers organize medical information, medications and appointments.

Learn more
Caregiving may lead to poorer mental and physical health
The mental stress of caregiving such as burnout, anxiety, guilt and depression can contribute to poorer physical health habits and outcomes.
Source: Family Caregiver Alliance

Self-care for caregivers
As a caregiver, it’s important to recharge. Try these tips to take care of yourself:
• Practice deep breathing or yoga
• Prioritize eating well and quality sleep
• Remain socially connected
Source: Harvard Health Publishing
Our Mission
As expressions of God’s healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

Our Values
Compassion | Dignity | Justice | Excellence | Integrity

Contact us with questions about your employee well-being program:
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ProvidenceHealthPlan.com