

2022 EMPLOYEE WELLNESS NEWSLETTERS

Email Employee Health & Wellness Communication Series



Newsletter Topics and Dates

Engaging employees in their health and benefits involves personalizing the experience and delivering the information in ways that are easy for employees to access and act on. Our dedicated communication process can help you reach your employees.

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| February 14 | Heart Health |
| March 16 | Stress Management |
| June 15 | Hydration/Health Advocate |
| July 13 | Financial Wellness |
| September 21 | Flu Season/Vaccine |
| December 14 | New Year Goals & Resolutions |

*Dates subject to change