

Get your health on

Boost workplace wellness every month



We're excited that you've decided to run a wellness campaign at your workplace. By presenting a fresh topic every month, you can keep employees engaged and working toward better health all year round.

Find everything you need for a great campaign at modahealth.com/employers/wellatwork. Our "Get your health on" materials focus on 12 monthly health topics – and because they're ready to go, each campaign is easy to launch. Here are some tips for making the most of these materials.

Newsletter articles

Do you have an employee newsletter? Great! We've provided an article for each month as a Microsoft Word document. Simply cut, paste and publish. Even if you don't have a newsletter, you can still send articles by email.

Posters

Print these posters and hang them in areas your employees pass by often. Bathroom doors and kitchen or break room walls are great places. Hang new posters each month to keep up with the themes.

Flyers

Print and distribute these flyers to give employees more information about each month's health topic. Set them on break room tables or place them in your employees' mailboxes.

We invite you to schedule a wellness consultation at any time! Just ask your Moda Health representative to put you in touch.

