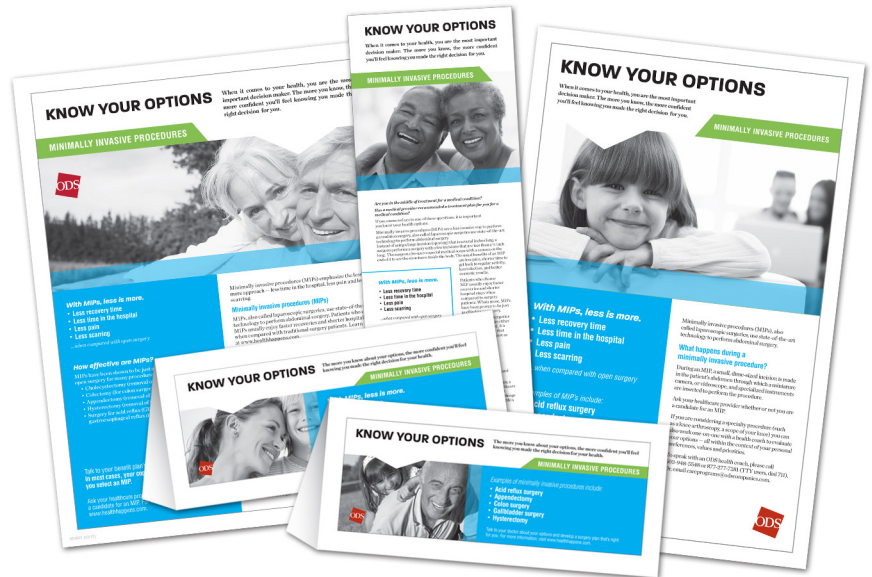




# GREAT MATERIALS!

Now, what do I do with them?



You can find all the materials you need to conduct a successful wellness campaign on this site. But maybe you're looking for a little more direction on how to use them. We'd like to offer a few suggestions to help you and your employees get the most from these campaign materials.

## EMAIL TEMPLATE

Send an email to your employees at the beginning of the week to kick off your campaign. You may also think about sending this email again during the campaign to remind your employees to check it out.

## TABLE TENTS

Print and assemble table tents and place them in popular gathering areas around the office. Some good places might include the lunch tables or at the water cooler. Place the table tents as soon as you send your first campaign email to employees.

## POSTERS

Print these posters and hang them in areas your employees pass by often. Bathroom doors, or kitchen or break room walls, are spaces employees are likely to see. Hang your posters when you distribute the table tents.

## FLYERS

Print and distribute these flyers to give your employees more detail about your wellness campaign, as well as tips on how to improve their health. Set them on break room tables or place them in your employees' mailboxes. You may distribute these at the beginning of your campaign, or wait until the middle to give your efforts an extra boost.

The timing of your wellness campaign is also important to keep in mind. Use the **National Wellness Institute's Health & Wellness Observances**, along with your own knowledge of your company and employees, to decide when to launch your wellness campaign. We recommend running the campaign for 4 to 6 weeks at a time.

Please email [odswell@odscorporations.com](mailto:odswell@odscorporations.com) any time to schedule a wellness consultation.