



Week	Action/Activity	Resources
Week of November 27 th	<ul style="list-style-type: none"> ● Start planning for first week of December ● Consider having a lunch and learn or training on Anthem resources, healthy behaviors, or holiday stress management ● Consider using a gratitude/appreciation wall for employees to express thanks to coworkers ● Promote events on company's social media site and company intranet sites 	<ul style="list-style-type: none"> ● Resources: Anthem- Preventative Care Plans and Guidelines ● Resources: CDC- Healthier Holidays
Week of December 4 th	<ul style="list-style-type: none"> ● Hang poster <i>Regular Checkups-Key to Good Health</i> ● Promote lunch and learns ● Start gratitude/appreciation wall 	<ul style="list-style-type: none"> ● Poster- Regular Checkups – Key to Good Health
Week of December 11 th	<ul style="list-style-type: none"> ● Distribute flyer <i>Primary Care Makes a Difference</i> ● Promote lunch and learns ● Continue and promote gratitude/appreciation wall 	<ul style="list-style-type: none"> ● Flyer – Anthem: Primary Care Makes a Difference
Week of December 18 th	<ul style="list-style-type: none"> ● Distribute flyer <i>Preventative Health Guidelines</i> ● Promote lunch and learns ● Continue and promote gratitude/appreciation wall 	<ul style="list-style-type: none"> ● Flyer – Preventative Health Guidelines
Week of December 25 th	<ul style="list-style-type: none"> ● Distribute flyer <i>Prepare for your Appointment</i> ● Promote any other planned events ● Continue and promote gratitude/appreciation wall 	<ul style="list-style-type: none"> ● Flyer – Prepare for your Appointment