**June 2022 Toolkit – Preventive Care Month**

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| Week | Action/Activity | Resources |
| Week of May 23rd | ● Start planning for first week of June  ● Consider doing a hydration challenge  ● Consider having a sun safety or hydration lunch and learn  ● Promote events on company’s social media site and company intranet sites | ● Guide – Anthem: [Preventative Care Month](https://webfile.anthem.com/1036258MUEENABS/HealthAndWellnessStrategyGuide.html)  ● Click on Calendar  ● Select June: Preventive Care  ● [Men’s Health Month](https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238) – [Wear Blue Day](http://www.menshealthnetwork.org/wearblue/friday/) June 19th |
| Week of May 30th | ● Hang poster *Regular Checkups-Key to Good Health*  ● Promote water challenge and lunch and learns  ● Purchase water bottles for hydration challenge | ● Poster- [Regular Checkups – Key to Good Health](https://file.anthem.com/04628MUMENABS.pdf) |
| Week of June 6th | ●Promote Men’s Health Week: June 13-19, 2022  ● Distribute flyer *Primary Care Makes a Difference*  ● Start water challenge  ● Promote Wear Blue Day (June 19th) | ● [Men’s Health Week](https://nationaltoday.com/national-mens-health-week/#:~:text=U.S.,regular%20visits%20to%20the%20doctor.)  ● Flyer – [Anthem: Primary Care Makes a Difference](https://file.anthem.com/15081ANMENABS.pdf) |
| Week of June 13th | ● Distribute flyer Men’s Health: Healthy Living  ● Promoting June 19th as Wear Blue Day  ● Promote water challenge and lunch and learns | ● Flyer – [Men’s Health: Healthy Living](http://www.menshealthmonth.org/wp-content/uploads/2011/04/mhm-flyer.pdf) |
| Week of June 20th | ● Distribute flyer *Prepare for your Appointment*  ● Promote any other planned events | ● Flyer – [Prepare for your Appointment](https://file.anthem.com/1033802ANMENABS.pdf) |
| Week of June 27th | ● Distribute flyer *Preventative Health Guidelines* | ● Flyer – [Preventative Health Guidelines](https://file.anthem.com/17112ANMENABS.pdf) |