

READ ME FIRST – October Wellbeing Tip!

Here are some ways you can support your employees:

- Share the included flyers with your employees.
 - Please note – Additional group costs may apply to the Bright Beginnings Maternity Program depending on your funding arrangement.
- Share our cervical cancer education toolkit with your employees. The toolkit includes preventive measures that can be taken, understanding the diagnosis and how it can be treated: [Understanding Cervical Cancer: Prevention, Diagnosis and Treatment - Excellus for Business](#)
- Share our **NEW “ understanding menopause” micro-learning with** your employees: <https://bit.ly/45ROQUP>
- Encourage employees to register for the upcoming **["Navigating menopause: Empowering women through change"](#)** webinar. (promotional flyer included in resources folder)
 - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: [2025 Wellbeing Webinar Series - YouTube](#)
- Use the **“Top 5 Tips”** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)