

## READ ME FIRST – December

### Here are some ways you can support your employees:

- Encourage your employees to take our NEW Healthy Eating During the Holidays Microlearning: [Healthy Eating During the Holidays Microlearning](#)
- Share the included resource flyers with your employees.
- Encourage employees to register for the upcoming ["Healthy Holidays: Eat, Drink & Be Mindful"](#) 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.)

### Here are some additional resources to explore:

- Excellus BlueCross BlueShield, [Nutrition | Excellus BlueCross BlueShield](#)
- Healthline, [Healthy Holidays: Tips and Recipes for Healthy Eating](#)
- Keck Medicine of USC, [Tips for Eating Healthy During the Holidays | Keck Medicine of USC](#)
- Harvard Health, [Nutrition - Harvard Health](#)