

READ ME FIRST – June Wellbeing Tip – For Employers

Here are some ways you can support your workforce in June:

- Share the **flyers** in the resource folder with employees
- Encourage employees to take our **NEW microlearning** on [The Power of Social Connections](#)
- Share the registration link for the upcoming [The Men's Health Reset: Fuel, Focus, and Feel Better](#) webinar with your employees (promotional flyer included in employee resources folder)
 - Looking to access a previous Excel Your Well webinar? They are available on-demand on our Excellus BCBS YouTube Page: [Wellbeing Webinar Series - YouTube](#)
- Use the **Men's Health Quiz** as a fun way to engage employees on the topic. The questions (and answers) are included with the resources, or share this link: https://www.surveymonkey.com/r/Mens-Health_6-23
- Host a **"Wear Blue"** campaign in observance of Men's Health month (flyer for how to host included in employer folder)
- Leverage the **"Top 5 Tips"** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)

Here are some additional resources to explore:

- Centers for Disease Control and Prevention, [Men's Health](#)
- Centers for Disease Control and Prevention, [Should I Get Tested for Prostate Cancer?](#)
- Centers for Disease Control and Prevention, [Cancer and Men | Cancer | CDC](#)
- Anxiety and Depression Association of America, <https://adaa.org/find-help/by-demographics/mens-mental-health>
- Medical News Today, [Men's mental health: Common challenges](#)



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