

Read Me First – August Wellbeing Tip – For Employers

Here are some ways you can support your workforce during August:

- ✓ Share the **flyers** in the resource folder with employees
- ✓ Encourage employees to **register for the upcoming [Staying Well This Fall: Proactive Steps for a Healthy Season 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: [Wellbeing Webinar Series - YouTube](#)
- ✓ Use the **“Top 5 Tips”** slide for employee communications (i.e., TV monitors, computer lock screen, intranet, etc.)
- ✓ Share our preventive care toolkit and resources with your team: [Get Proactive with Preventive Care - Excellus for Business](#)
- ✓ Take our preventive care micro-learning as a fun way to engage employees on the topic: [The Value of Preventive Care](#)

Here are some additional resources:

- ✓ Centers for Disease Control and Prevention, [Benefits of Flu Vaccination | Flu Vaccines Work | CDC](#)
- ✓ Centers for Disease Control and Prevention, [Who Needs a Flu Vaccine | Influenza \(Flu\) | CDC](#)
- ✓ Mayo Clinic Health System, [Back-to-school essentials for parents - Mayo Clinic Health System](#)
- ✓ Johns Hopkins Medicine, [6 Tips for Sending Kids Back to School After Breaks](#)