

Read me first – October wellbeing tip for employers

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

- ✓ Share the **flyers** in the resource folder with employees
- ✓ Leverage our breast cancer and cervical cancer toolkits and share the resources with your workforce: [Make Mammograms Routine - Excellus for Business](#) / [Understanding Cervical Cancer: Prevention, Diagnosis and Treatment - Excellus for Business](#)
- ✓ Encourage employees to register for the upcoming [Women's Health: Preventive Care, Prevention Gaps, and Whole-person Wellness Webinar](#) (promotional flyer included in the employee resource 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.)
- ✓ Run the **"Self-care Challenge"** located in the employer folder as a fun way to engage employees.

Here are some additional resources:

- ✓ [Psychiatry.org - Preventing Burnout: A Guide to Protecting Your Well-Being](#)
- ✓ [More Than a Program: A Culture of Women's Wellbeing at Work](#)
- ✓ [Breast Cancer Risk Factors | Breast Cancer | CDC](#)
- ✓ [Prevent Cervical Cancer | Women's Health | CDC](#)
- ✓ [Menopause, Women's Health, and Work | Women's Health | CDC](#)

Have you explored our Workplace Wellbeing resources page?

We offer a variety of tools and resources to support your workplace wellbeing program. For guidance on supporting the wellbeing of your employees and creating a culture of wellbeing at your workplace, contact your dedicated wellbeing consultant, account manager or broker to schedule a complimentary workplace wellbeing consultation. Visit [Workplace Wellbeing Resources | Employers | Excellus BlueCross BlueShield](#) for more information.