2027 Workplace wellbeing calendar

Engage, educate and empower your workforce with monthly wellbeing tips.

JANUARY	FEBRUARY	MARCH
		
Starting the new year strong	**Heart health**	**Colon cancer awareness**
APRIL	**MAY**	**JUNE**
		
Health literacy	**Mental wellbeing**	**Brain health**
JULY	**AUGUST**	**SEPTEMBER**
		
Stack your back	**Healthy eating**	**Aging well**
OCTOBER	**NOVEMBER**	**DECEMBER**
		
Women's health	**Diabetes**	**Social connections**

Each month, we promote a different wellbeing topic designed to complement your workplace wellbeing program. The emailed tips include newsletter content, wellness challenges, flyers and more to inspire healthy habits.

Our monthly Excel Your Well webinars will continue, each aligned with the month's featured wellbeing topic. These webinars are led by Health Plan experts — including medical doctors, registered dietitians, and more — who share valuable insights to support your employees on their health journey. A promotional flyer for each upcoming webinar will be included with the monthly wellbeing tip.

To start receiving the monthly wellbeing tips, sign up through your Excellus BlueCross BlueShield account manager or wellbeing consultant.

Excellus | Everybody Benefits

B-8477/22907-26W A11Y_CRG_09042026