Inside you’ll find tips and information on a range of well-being topics. Use this calendar to encourage your employees to engage in healthy behaviors year-round. Follow our suggested monthly topics or choose the ones that are relevant to your program strategy.
Create a happy, healthy workforce

Engage your employees with our well-being tips and information to help them reach True Health

January
Self-care

February
Financial Well-being

March
Nutrition

April
Mental Well-being

May
Physical Activity

June
Well-being at Work

July
Family Well-being

August
Sustainability

September
Preventive Care

October
Healthy Habits

November
Chronic Illness

December
Social and Community Well-being
Be your best

Take care of your mind and body

Nourish your body
Healthy eating is essential to help you be your best you. Eat lots of fresh fruits, vegetables and lean proteins.

Get moving
Movement helps your body feel great and can prevent health problems. Be physically active for at least 30 minutes most days.

Sleep better
Create a comfortable sleep environment and commit to your bedtime and wakeup time. Try to get 7 or 8 hours of sleep most nights.

Find time to socialize
Take time to connect with people you care about – it can be as simple as going for a walk or having coffee over video chat. Any activity counts.

Calm your mind
Slow down with an activity that allows you to take a few deep breaths and be calmly focused. Practice mindfulness, take a yoga class, try meditation, listen to music, journal, draw, knit, bake, walk, swim, garden – do what works for you.

Set boundaries
Protect your emotional space by creating boundaries. Establish your priorities, be direct and learn to say no. Remember to respect other people’s boundaries too.

Connect with your community
There are many ways to get involved, share your talents and meet a variety of people. Join a community team, help a neighbor or donate the things you no longer use.

Freshen up your living space
A clean space can help to quiet your thoughts. Take a few minutes to tidy up, then think about other ways to freshen the space.

Clean your financial closet
Organize and plan your financial life by reviewing your spending and savings, canceling unused services and looking for tax-free growth potential.

Get tips on creating a happier life
Happiness can improve your ability to manage stress, solve problems and help others. Check out Happify’s suggested podcasts to boost your mood.

Let a health coach guide you
Our Providence health coaches are here to support your journey to a healthier, happier life. Get started at ProvidenceHealthPlan.com/healthcoach or call 1-888-819-8999.
Boost your bottom-line health

Take care of your financial well-being

Make the most of your budget
Allocate a percentage of your income for essential expenses, financial priorities and flexible choices. Stay disciplined by automating your payments, using an app to track your spending and savings, prioritizing paying off debt and weighing the enjoyment you get from flexible choices with how much you value reaching your goals.

Invest in your future
Spending smarter and investing can go a long way toward lowering your stress and boosting your well-being. Start investing a little at a time – use a spare change app like Acorns or Qapital, set up a monthly auto-transfer from your checking account or allot your daily coffee money to savings.

Create an emergency fund
Set aside 3-6 months of living expenses to tap into if something unexpected happens, like a job loss, high medical bill, or car breakdown. It should be easy to access but not so easy that you’re tempted to spend it.

Plan for retirement
Making small changes, like working a few additional years, contributing a bit more to your 401(k) and adopting healthy habits, can add up to a much more comfortable retirement.

Manage debt
Different types of debt serve different purposes, and taking on debt may actually be beneficial to you in the long run. Be careful, however, about taking on more than you can handle. Shop around for the best interest rates, and always have a plan in place to ensure you pay off your debt quickly.

Watch your credit score
Pay your bills on time, focus on paying off high-interest debt and check for any inaccuracies or fraud that may be lowering your score.

Kindness is complimentary
Being there for each other and showing random acts of kindness can be a mood booster for those you love, your neighbors and yourself. Try the 30-day kindness challenge without spending a dime.

Get discounts on the things you love to do
LifeBalance provides savings on more than 20,000 travel, cultural, recreational and other fun activities. Check out the discounts available at myProvidence.com.
Create a meal plan tailored to your lifestyle
Meal planning and prepping can help you eat better, reduce food waste and save you money. Get tips on becoming an expert meal prepper from Providence.

Improve your gut health
Your gut health can impact your digestive and immune systems as well as your skin, brain and mental health. Add prebiotics (found in high-fiber foods like bananas and beans) and probiotics (found in fermented foods and beverages like kombucha and kimchi) to your diet.

Boost your mood
Choose foods that reduce anxiety and boost immunity, like citrus fruits, leafy greens, whole grains and probiotics.

Try a new recipe
Find accessible, sustainable, heart-healthy plant foods
Plant-powered foods include nuts, seeds, healthy oils, whole grains, legumes and beans, too! Try building a meal around a salad and eating fruit for dessert.

Cook healthy on a budget
Stay on budget and eat healthy by making a plan and sticking to it, bringing your reusable bags, buying in bulk, choosing generic brands and cooking more meals at home.

Buy produce in season
Choose produce that’s in-season – it’s picked at the peak of ripeness and tends to cost less. Plus, you’re supporting your local community and it’s good for the planet.

Maintain healthy eating habits at home
Our virtual cooking classes provide practical tips and resources that will empower you to engage in healthy habits. Access the classes at ProvidenceHealthPlan.com/healthcoach.

Nourish your body
Eat well every day

Create a healthy connection with food and yourself
Practice mindful eating by being kind to yourself, listening to your gut, choosing nourishing and satisfying foods, slowing down and removing distractions during meals.

Eat more heart-healthy plant foods
Plant-powered foods include nuts, seeds, healthy oils, whole grains, legumes and beans, too! Try building a meal around a salad and eating fruit for dessert.
Feel your best

Keep your stress in check

Be kind to yourself
Treat yourself like you treat your best friend. Reframe your thoughts when you’re judging yourself too harshly.

Stay focused
Identify the internal and external factors that are impacting your mood. Manage distractions, unplug from social media, or make a to-do list to feel organized and prepared.

Support a friend
Be patient, listen carefully, understand their triggers, encourage self-care and support them to get professional help.

Mentally prepare for your day
While getting ready, having breakfast or in the first 10 minutes of your workday, think about the flow of your day and what you hope to accomplish.

Take a moment to reset
Take time to slow down, reset and recharge. Try something relaxing, like a massage - or fun, like coffee with a friend - or productive, like cleaning your home.

Practice compassion and empathy in difficult situations
Check in with family and friends, give them space to be open and honest, acknowledge how they are feeling and respond in a skilful and kind way.

Avoid burnout at work
Workload, control, reward, fairness, community and values all contribute to burnout. Think about what you can change, whether it’s modifying expectations or seeking opportunities outside of work that cultivate belonging and fulfillment.

Improve your mood
Manage stress by exercising, engaging your mind with activity like reading, spending time at a local park, practicing yoga or meditation, or connecting with friends and family.

Practice mindfulness
From doing something that makes you smile to getting outside for fresh air without distractions to decluttering your space, there are many ways to incorporate mindful moments into your day. Check out Headspace’s 30 days of mindfulness challenge for more ideas.

Prioritize your mental well-being
If you or your family are going through a difficult time, Providence can help. Access your behavioral health and substance use benefits at myProvidence.com.
Get moving

Keep your fitness game strong all year long

Find consistency
Make it a habit by keeping a consistent workout schedule. Keep track of your sessions using a fitness device, like Fitbit or Garmin. Don’t dwell when you miss a workout – commit to getting back to it tomorrow and remember your why.

Try exercise snacking
Bite-size exercise is legit. Focus on what you can do during the day – like walking over your lunch break, mowing the lawn, or carrying in groceries. Every little bit of movement counts!

Build a routine
Start by setting a goal you can reach in just 2-4 weeks. Make it SMART – specific, measurable, attainable, relevant and time-based.

Find your jam
Change it up switching your workout frequency, intensity, time, or type of exercise. Learn more about the FITT principles from Healthline.

Prioritize your workouts
Build it into your schedule and treat it as a non-negotiable appointment. Try following a program and working out at the same time of day.

Build muscle
Create your own bodyweight workout that covers all major muscle groups – chest, back, arms, abs, legs, shoulders. Start with 12-16 reps or 30-second intervals.

Get your heart pumping
Movement helps your body feel great and can prevent health problems. Be physically active for at least 30 minutes most days.

Gain flexibility
Improve your range of motion and reduce muscle soreness and fatigue. Use dynamic stretches (controlled movements) before a workout and static stretches (holding a stretch) as part of your cool down.

Work out together
Play with your kids, change up date night with indoor rock climbing or go for a walk with a friend. Join a digital community like Peloton or Alo Moves. Many local studios offer virtual classes, too!

Try a new workout
LifeBalance and Active&Fit offer discounts at local studios and nationwide fitness centers. Check out the discounts available at myProvidence.com.
Pursue what’s most important to you

Ignite your character strengths in the workplace

Maintain a healthy work-life balance
Achieve better work-life balance by starting your day off right, creating a schedule and outlining priorities, setting boundaries and maintaining work hours (including signing off in the evening).

Build trusting relationships
Take initiative to engage in conversations, keep an open mind, give and ask for feedback, respect boundaries and be reliable and accountable for your work.

Become a better leader
Ask questions and listen more, embrace vulnerability, stimulate growth of your team, stay focused on strategic priorities, delegate tasks to your team and help employees find balance.

Set up your workspace
Proper office ergonomics, including correct chair height, adequate equipment spacing and good desk posture, can help you stay comfortable and reduce your risk for injury. Remember to take breaks throughout the day, too.

Stay focused and productive
Focus on the most important tasks first, define your boundaries, delegate work to your team, eliminate inefficient communications and meetings and practice self-care.

Find purpose
Commit to your course. Think about your intention – maybe it is finding greater success in your career, working on your relationships, or giving back to your community. Then think about what meaningful actions you will take based on your true character and personality.

Model an inclusive culture
Recognize bias and be open minded; celebrate the uniqueness of your team; create an environment where your team can speak up, be heard and feel welcome.

Take charge of your career
Build your network, find a mentor, build your skillset, seek out new projects, and expand your knowledge by reading about your profession. Join a professional organization in your industry, or check out classes on LinkedIn Learning or Coursera.

Create sustainable lifestyle changes
Our Providence health coaches offer practical advice on the latest health and well-being trends in our Healthy Bites Podcast. Listen to an episode at ProvidenceHealthPlan.com/healthcoach.
Caring starts with you

Keep your loved ones well

Balance parenting and working
Use your professional strengths to help you be a successful working parent. Use the same organization, communication and delegation tools at home and with your team.

Practice self-care
Taking care of yourself makes you a better caregiver. Make sure to spend time doing things you enjoy, even if it’s taking a quick walk around the block.

Make time for your kids’ mental health
Start conversations about tough topics and encourage your children to talk with you and other trusted adults. Maintain openmess, eat dinner together and model finding time for meditation and mindfulness.

Develop a preventive health plan
Schedule regular well-care visits for you and your family. And stay up to date on recommended screenings and immunizations. The best approach to staying healthy for life is to prevent illness from ever beginning.

Cook as a family
Every meal together counts. Plan meals in advance, delegate prep and cooking tasks and then sit down at the table without distractions to enjoy the meal together. Check out our guide to planning meals for more tips.

Make time to play
Move more and sit less. Encourage active play by setting aside 30 minutes each day for physical activity. Mix up the activities to keep it fun and to move different muscles. Choose a balance of activities that build endurance, strength and flexibility.

Keep healthy habits during vacation, too
Do things that make your feel your best, including fitting in nutrient-packed breakfasts and snacks and taking time to break a sweat while you explore your destination.

Get answers to your questions about raising healthy kids
Download the Circle by Providence app to access health information, checklists and health-tracking tools.

Get on your faster way to well
With Providence ExpressCare Virtual, you can connect with an online health care provider in minutes. Get started by downloading the Health Connect app at Providence.org/services/health-connect-app.
Be kind to the planet

Live sustainably

Be smart in the sun
Wear sunscreen with at least SPF 30, wear sunglasses that block UVA and UVB rays and stay hydrated.

Make small changes that have a big impact on the planet
Think and act consciously about how you use water, food and energy at home. Check out Google’s Your Plan Your Planet for everyday tips, like using the dishwasher, adjusting your thermostat 3° and freezing bread.

Prioritize plant foods and look local
Aim to fill half your plate with fruits and vegetables – good for your health and the environment, as it reduces freshwater withdrawals and deforestation. Purchase in-season produce to support local farmers and reduce transportation emissions. It’s picked at the peak of ripeness and tends to cost less, too!

Unplug devices not in use
Devices like television, microwaves and printers use standby power, even when off, contributing to carbon dioxide emissions. Use energy save mode on your devices and unplug electronics, chargers and appliances when not in use.

Get a houseplant
In addition to helping boost your mood, houseplants can help purify the air.

Use active transportation
Walk or bike to work or to run errands. Or use public transportation to reduce the number of vehicles on the road.

Stay hydrated with a reusable water bottle
Ditch single-use plastic bottles in favor of a reusable water bottle. Aim to drink at least 64 ounces each day.

Be mindful when shopping online
Think about the environment when shopping online – think about the packaging materials and how the delivered goods might impact the planet. Try to bundle your purchases.

Choose paperless Explanation of Benefits (EOBs)
With myProvidence, you can get secure access to your current and past EOBs at your convenience, day or night. Plus, less paper is good for the planet. Get started at myProvidence.com.
Taking on the world begins with taking care of you

Stay on top of your health

Schedule a well-care visit
Your provider will check your overall health and let you know if you’re due for any preventive screenings or immunizations.

Ask about screenings
Make sure to get any screenings recommended by your health care provider. Regular screenings can help identify issues before they become serious.

Stay current on shots
Protect yourself from illness by getting the following:
+ Flu shot every year
+ Tdap/Td booster every 10 years to guard against tetanus, diphtheria and pertussis

Take care of your mental health
If you are feeling down or sad more often than you’re feeling good, talk with your provider about ways to feel better. Your mental health matters!

Know your benefits
Providence Health Plan makes it easy for you and your dependents to get the preventive care you need, with most services covered in full by in-network providers. The best approach to staying healthy for life is to prevent illness from ever beginning.

Nourish your body
Healthy eating is essential to help you be your best you. Eat plenty of fresh fruits, vegetables and lean proteins.

Get moving
Movement helps your body feel great and can prevent health problems. Be physically active for at least 30 minutes most days.

Sleep better
Create a comfortable sleep environment and commit to your bedtime and wakeup time. Try to get 7 or 8 hours of sleep most nights.

Break the tobacco habit
Cigarettes, chewing tobacco, cigars, pipe tobacco and even second-hand smoke can make your heart beat faster and blood pressure go up.

Navigate your benefits
Choosing a health plan is important, but it can be tough to know which is the best fit. Learn more about common health insurance terms and tips for picking a health plan that works for you.

Schedule your well-care appointment today.
Looking for a provider? Find one at ProvidenceHealthPlan.com/findaprovider.
Create healthy habits that stick

Set a SMART goal
Create sustainable lifestyle habits by setting a SMART goal – specific, measurable, attainable, relevant and time-bound. Start small with something you can attain in 2-4 weeks.

Stay accountable
Share your goal with a family member, friend, coworker or health coach. They can help you stick to your goal by checking in and providing support throughout the process.

Set boundaries to help you stick to your plan
Establish your priorities, communicate clearly and learn to say no. Remember to respect other people’s boundaries too.

Create an environment where making healthy choices are easy choices
Create a healthier home by designating a space in your kitchen that’s easily accessible for nutritious snacks, like fresh fruit. Or create a quiet space that allows for a quick yoga or meditation session.

Take care of you
Eat healthy, sleep enough, stay active and maintain your relationships. Check in on your mental well-being, and allow yourself moments of joy and relaxation.

Be prepared for setbacks
Setbacks happen. Stay committed to your purpose, focus on progress and get back to your routine as soon as possible.

Celebrate success
Stay motivated by acknowledging your accomplishment of small goals. Be grateful for your achievements. Celebrate in a way that nurtures your mind and body.

Take a healthy habits 28-day challenge
Move, nourish, connect and refresh. Get inspiration and support from the New York Times on creating healthy habits in your daily life.

Let a health coach guide you
Our Providence health coaches are here to support your journey to a healthier, happier life. Get started at ProvidenceHealthPlan.com/healthcoach or call 1-888-819-8999.
Keep your outlook positive

Live well with chronic illness

Prevent and detect disease early
Schedule regular well-care visits and stay up to date on recommended screenings and immunizations.

Know your risk
Understand and share your family history with your provider. They can help determine if you’re at increased risk of developing a particular condition, as families have many factors in common, like genetic factors, environmental conditions and lifestyle choices.

Look after your mental health
Practice mindfulness, use your creativity, spend time in nature, learn about a new topic and connect with family, friends and your community.

Connect with others in the chronic illness community
Peers can offer support and advice for the challenges you’re facing because they understand where you’re coming from. Join a local support group or online community.

Be smart in the sun
Protect your skin by wearing sunscreen with at least SPF 30, wearing sunglasses that block UVA and UVB rays and staying hydrated.

Keep your spine healthy
Practice good posture when standing, walking, sitting, lifting and lying down. Wear shoes that are comfortable and flexible. And practice healthy habits like moving more, eating well, sleeping enough and staying tobacco-free.

Fill your prescriptions
Taking your medicine as prescribed is important for controlling or treating your illness. Keep your medicine where you’ll notice it, and try to take it at the same time each day.

Get the right care at the right time at the right place
As a Providence Health Plan member, you have many options to access care. Review our guide to finding right option for your needs.

Get your own free health advocate
Providence’s Care Management team provides personalized attention to help you navigate the health care system. Get started at ProvidenceHealthPlan.com/caremanagement.
Create meaningful relationships

Stay socially connected and healthy

Schedule time with family and friends
Whether in-person or virtual, get creative with your time. Cook brunch together, do a workout class, spend time in nature or play a trivia game.

Volunteer in your community
Think about the issues that are important to you and the skills and time you can offer. Consider asking your family, friends or coworkers to join, too.

Brighten the world around you
One small, thoughtful gesture can make someone else's day. Pay it forward at your local coffee shop or take a minute to direct someone who looks lost.

Join a fitness community
Surround yourself with the positive vibes of a group fitness class – try out a new local studio or join a virtual community like Peloton or Alo Moves.

Build social connections at work
Socialize with other employees within your organization, like at team meetings, walking to grab coffee, or volunteering.

Express gratitude
Gratitude helps us feel more positive emotions and build strong relationships. Think about positive memories, accept the present and be hopeful and optimistic about the future. Check out Wanderlust's 100 Ways to Be Grateful for inspiration.

Adopt a pet
Pets bring joy to life and have many other health benefits like decreasing loneliness and stress, better sleep and increased physical activity. Check out local adoption agencies or watch YouTube videos if you're not interested in being a pet parent.

Celebrate accomplishments
Find ways to celebrate milestones, promotions, life events, accomplishments and little wins.

Stay informed and connected with the Providence community
The Providence blog offers expert tips and advice for living your healthiest life. Check it out at blog.providence.org.
When you’re healthy, you can feel inspired to do great things for your community and the world at large. We believe healthcare is a human right — everyone has a right to quality healthcare. We’re dedicated to the health and care of every member of our community, no matter where they live or who they work for.

Because everyone’s well-being matters.

Want support for your employee well-being program? Contact your Health Management Consultant or Account Manager. Or, email our team at workplacewellness@providence.com

ProvidenceHealthPlan.com