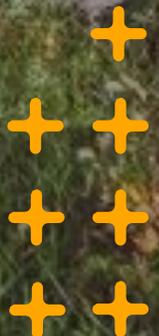




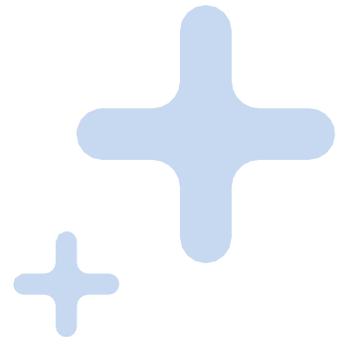
# 2022 Well-being Calendar

---

Encourage your employees to engage in healthy behaviors year-round.



# Create a happy, healthy workforce



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

Use this 12-month 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. Share one tip sheet each month via email, intranet, or print and post in high-traffic areas.

- 1 January**  
Preventive Screenings
- 2 February**  
Fitness
- 3 March**  
Nutrition
- 4 April**  
Mindfulness and Gratitude
- 5 May**  
Workplace Stress
- 6 June**  
Goal Setting
- 7 July**  
Summer Well-being
- 8 August**  
Social and Community Well-being
- 9 September**  
Immunization Awareness
- 10 October**  
Back Health
- 11 November**  
Diabetes Prevention
- 12 December**  
Healthier Holidays





# Take on the world



## Start by taking care of you

### Schedule a well-care visit

Prioritize your health and schedule your well-care appointment. It is an important time to connect with your provider to discuss your overall health and wellness and stay up to date with routine screenings and immunizations.

### Feed your body and mind

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

### Make smart moves

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

### Get care when you need it

Try [ExpressCare Virtual](#) when you don't have the time, desire, or ability to travel to a clinic for treatment of a non-urgent medical issue.

### Take care of your mental health

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

### Break the tobacco habit

Take action to stop smoking by making a plan to quit, setting a quit date, thinking about using a nicotine replacement medicine along with counseling or calling Quit for Life at 866-784-8454 or visiting [QuitNow.net](#).

### Stay current on shots

Protect yourself from illness by getting a flu shot every year and a Tdap/Td booster every 10 years. Ask your provider if you need additional vaccines based on your age and gender.

### Raise healthy kids

The decision to have a baby is life changing. Talk with your provider about your pregnancy plans and options for contraception.

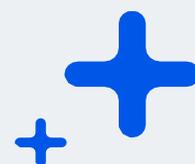
### Know your benefits

The best approach to staying healthy for life is to prevent illness from ever beginning. Most [preventive care services](#) are covered in full by in-network providers. Talk with your provider on what types of preventive care are best for you.



## Schedule your well-care appointment today

Looking for a provider? Find one at [ProvidenceHealthPlan.com/findaprovider](https://www.ProvidenceHealthPlan.com/findaprovider).





# Move more and sit less



## Keep your heart happy

### 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 consistency

Make it a habit by keeping a consistent workout schedule. Keep track of your sessions using a fitness device, like Fitbit or Garmin.

### Stay motivated

Change it up by switching the 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 each day.

### Power up

Strength and resistance training help reduce fat and create leaner muscle mass. Aim for two days per week of strength work, like free weights, resistance bands, or body-resistance exercises like push-ups and squats.

### Boost your flexibility

Flexibility workouts, like stretching, benefit your musculoskeletal health, which enables you to do exercises that help your heart. Add dynamic stretches before your workout and static stretches as part of your cool down.

### Get your heart pumping

Aerobic exercise, like interval training, cycling, and swimming, improves circulation and helps your cardiac output. Be physically active for at least 30 minutes most days.

### Break it up

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!

### Buddy up

Stay motivated by asking a friend to go a yoga class, ask a coworker to walk during lunch or see if a neighborhood wants to go to the park after work.

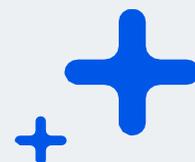
### Create a home gym

Make it convenient to exercise when you have a break. A yoga mat, stability ball, and dumbbells are inexpensive options that don't take up much room. Try an app, like [Peloton](#) or [Alo Moves](#) for a quick workout. Many local studios offer virtual classes, too!



## Kick start or level-up your routine

LifeBalance and Active&Fit Direct™ offer discounts at local studios and nationwide fitness centers. Ready to get started? Visit [ProvidenceHealthPlan.com/member-perks](https://www.ProvidenceHealthPlan.com/member-perks).





# Build better habits



## Healthy eating made easy

### **Make your diet more Mediterranean**

Decrease the risk of heart disease, depression, and dementia by adopting a Mediterranean diet. Eat lots of fruits, vegetables, whole grains, and nuts. Choose fish and poultry in moderation. And limit your intake of dairy products, red meat, and sweets.

### **Choose plant-forward main dishes**

Consider meatless meals by using plant proteins like beans, lentils, or tofu. Or make meat your side and vegetables your main course by adding turkey or chicken to a stir-fry or salad. Try heart-healthy, vegetarian recipes from [Providence Basecamp](#), [EatingWell](#) or [Minimalist Baker](#).

### **Try fruit for dessert**

Satisfy your sweet craving after dinner with natural sugar found in fruit. Try apple and almond butter, strawberries and Greek yogurt, banana nice cream, or dark chocolate chia pudding.

### **Snack smarter**

Get an energy boost in-between meals with real foods, like almonds, apples and Greek yogurt, carrots and hummus, or avocado whole-grain toast. Remember to drink plenty of water throughout the day, too.

### **Choose healthy fats**

Swap butter and refined seed oils for olive oil in cooking, on salad, and at the table. Try to avoid trans fats, which is commonly listed as partially hydrogenated oil on the nutrition label.

### **Explore new flavors**

Use herbs and spices instead of salt and sugar to flavor. Try adding cinnamon to baked goods, garlic and ginger to stir-fries, cumin and cilantro to tacos, or basil to spaghetti.

### **Practice mindful eating**

Be aware of your eating experience by serving in modest portions on smaller plates, savoring small bites, eating slowly to avoid overeating, and eating at the table to minimize distractions.

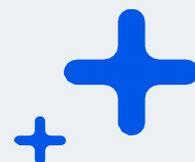
### **Read the label**

Choose items that are lower in saturated fats, sodium, and added sugars. Avoid overly processed foods when you can.



## Use your member perks to create a truly healthy life

Our Providence health coaches offer advice on the latest health and well-being trends in our Healthy Bites podcast. Listen to an episode at [ProvidenceHealthPlan.com/healthybites](https://ProvidenceHealthPlan.com/healthybites).





# Put your mind at ease



## Be present in all that you do

### Take a breath

Take a few deep breaths. Notice the sensation of each inhale and exhale. Bring awareness to any part of your body that feels tense and relax those muscles.

### Do what you love – and be all there

Whether it's eating, reading, walking, cooking, taking a warm bath – whatever you do, be all there. Doing too many things at once can be distracting. Give your attention and awareness to the task at hand.

### Send a thank you note

Thank a friend, neighbor, or colleague for their help or good work. Be specific and intentional with expressing your appreciation – you just might make their day!

### Be a mindful listener

Whether you're interacting with your partner, your children, or a colleague, stay present in the moment. Give them your undivided attention. Instead of crafting your reply while they're speaking, seek to really hear their message.

### Start a gratitude journal

Carve out a few minutes each week to write a gratitude list. Think about what and who you're grateful for, unexpected joys, or things you've taken for granted this week. If you're struggling to come up with ideas, start with the small things, like a cup of coffee or a sunny day. For extra inspiration, take on the [Discover Gratitude](#) challenge from the Mayo Clinic.

### Savor your meals

During one meal today, put your fork down in between each bite. Slow down and savor the flavor. Take small bites, chew thoroughly and allow yourself time to eat. Engage your senses by taking note of what you see, taste, smell and hear.

### Create a morning ritual

Carve out 15 minutes first thing in the morning for a little alone time before checking email, scrolling social media, tuning into the news, or getting ready for work.

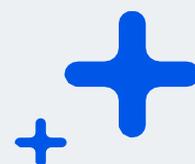
### Take a nature walk

Take time to appreciate the world around you with an outdoor walk. Don't push yourself like you would on a hike or a workout. If distractions or worries keep nagging at you, try grounding yourself by using all five senses.



## 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](https://myProvidence.com).





# Find your balance



## Beat stress at work

### Organize and prioritize

Keep your workspace and calendar organized. Maintain a to-do list and focus on the most important tasks first. Be realistic about what you hope to accomplish in a day and block out time for each task, so you stay focused.

### Establish healthy boundaries

Begin and end work at a set time each day, avoid checking work emails when you sign off, and leave work supplies in your designated workspace – even if you work from home.

### Talk to your supervisor

Be honest with your supervisor about how you are feeling. Clarify expectations around your schedule, assignments, and workload. Approach the conversation from a place of problem solving. You may be able to work together to identify solutions.

### Make friends at work

Schedule a walk or virtual coffee break to socialize with a coworker. Having a solid support system at work can help buffer you from the negative effects of job stress.

### Spruce up your workspace

Create a comfortable and calm workspace. Reduce clutter and add greenery, natural light, or pictures to support your mood.

### Celebrate your daily wins

At the end of the day, reflect on what you accomplished. Even small successes enhance motivation and creativity.

### Look for meaning in your work

Reflect on how your contributions help others or provide a needed service. Focus on the aspects of the job you enjoy and seek learning and development opportunities that align with your values.

### Feed your body and mind

Simple changes in your diet can reduce fatigue and stress levels. A healthy balanced meal keeps you energized and focused throughout the day. Boost your brain power and immune system with [tips](#) from the Providence health coaching team.

### Take regular breaks

Take time to slow down, reset, and recharge. Build small breaks into your workday; a short walk, breathing exercises, or stretching are all great ways to make your day feel more manageable.

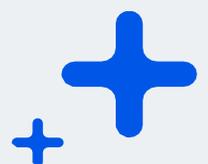
### Unplug every now and then

Use your time off to get away from your normal routine. Resist checking work emails; set an out-of-office message and turn off notifications. Delegate tasks to a coworker so you are not overwhelmed when you return.



## Get the care you need, when you need it

ExpressCare offers virtual or same-day, in-person treatment when your regular provider isn't available. Learn more at [providencehealthplan.com/care-options](https://providencehealthplan.com/care-options).





# The time is now



## Set yourself up for success

### Create a wellness vision

Before setting goals, it's good to look at the big picture of your health and well-being and establish a clear vision of what you want to achieve. Check out [the health coaching guide](#) for tips.

### 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.

### Make the healthy choice the easy choice

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.

### 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.

### 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.

### Tap into your social network

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.

### Review your progress

Establish a time each week to create an action plan and review your progress regularly. This helps you organize and assess your goals, ensuring they remain relevant and meaningful.

### Stay the course

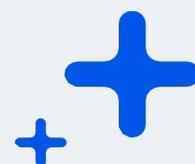
Setbacks happen. Stay committed to your purpose, focus on progress, and get back to your routine as soon as possible.

### 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.

## Let a health coach guide you

Our Providence health coaches are here to support your well-being journey. Get started at [ProvidenceHealthPlan.com/healthcoach](https://www.ProvidenceHealthPlan.com/healthcoach) or call 888-819-8999.





# Shine bright this summer



## Have fun in the sun

### Stay hydrated

Aim for 8-10 cups of water a day. Add a splash of flavor with fresh cucumbers, lemon or lime slices or frozen fruit. Find a reusable water bottle that is easy to carry with you.

### Use your vacation time

Take some 'you' time to relax, rejuvenate, and unwind. A staycation can be a budget-friendly alternative to going on a trip – just remember not to overbook yourself and resist checking work emails.

### Enjoy summer produce

All that bright sunshine means many fruits and veggies are at their best including berries, melon, corn, tomatoes, and peppers. Check out the [USDA's Seasonal Produce Guide](#) to see what else is in-season during the warmer months.

### Protect your skin

Choose a broad-spectrum, water-resistant sunscreen with at least SPF 30 and reapply every 2 hours. Use broad-brimmed hats, sunglasses, and sun-protective shirts for additional protection. If you do get sunburned, keep your burn cool, moisturized and away from further sun exposure.

### Keep an eye on smoke levels

Check the air quality index (AQI). If the AQI is between 101 and 150 that means outdoor air quality is unhealthy to breathe for people in sensitive groups; if the AQI is above 151, the air is unhealthy for everyone. On these days, avoid outdoors and exercise at the gym. If you must be outside, wear an N95 mask.

### Stay active

Exercise early or late in the day so you aren't exercising when the sun is directly overhead. Dress for the weather with light-colored, lightweight, and loose-fitting clothing, breathable shoes, and lightweight socks. On very hot days, hit the gym, take a class, or try an online workout.

### Check in on others

When it's hot, check in on others, especially family members and neighbors that live alone. Make sure they have enough water, their house is cool, and look for signs of heat exhaustion or stroke.

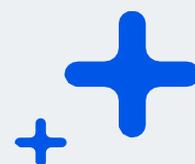
### Build a summer safety kit

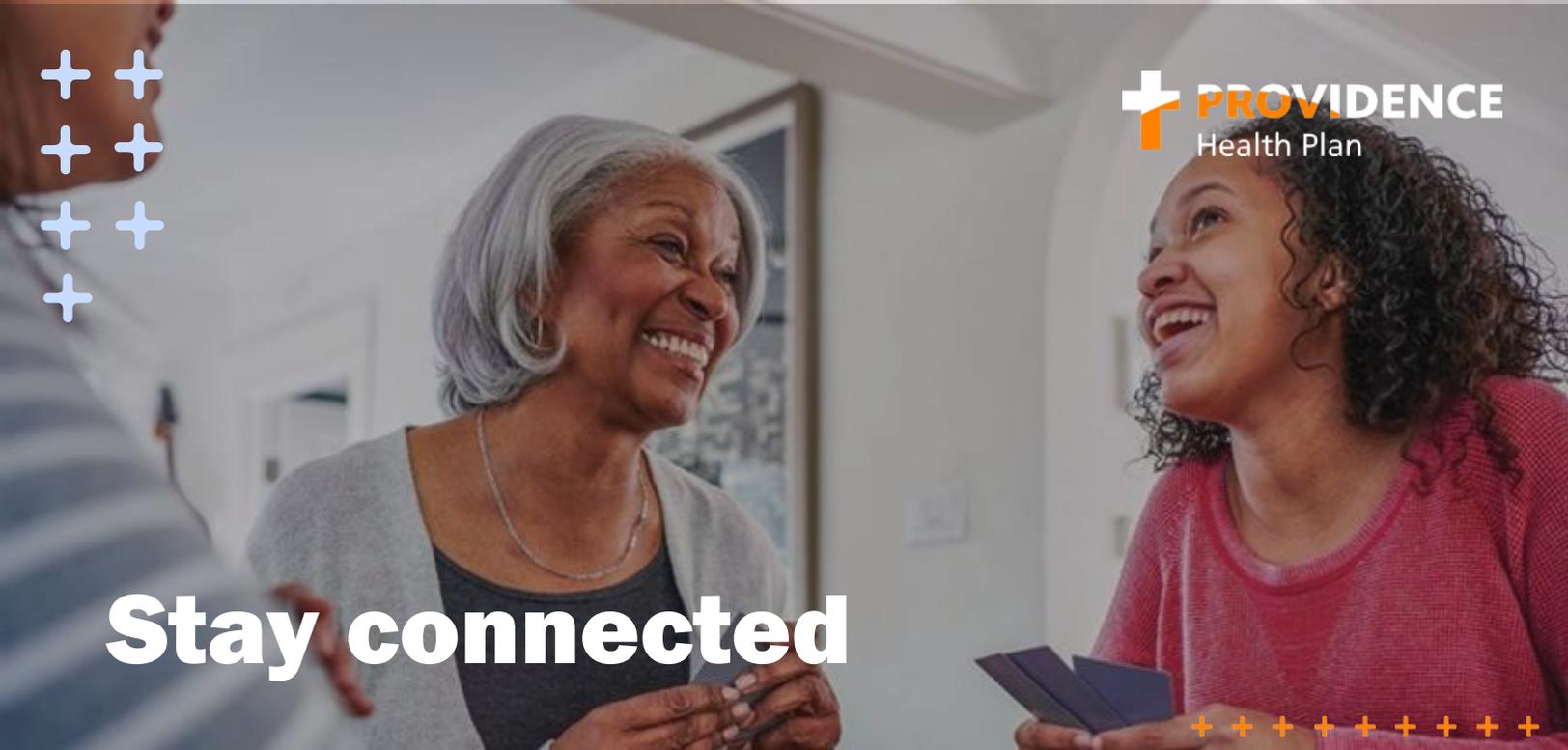
Pack a "go bag" for hot weather with water, snacks, sunscreen, a first aid kit, insect repellent, and allergy medicine and creams for rashes, poison oak or bug bites.



## Enjoy the peace of mind you deserve

Assist America® provides emergency medical help while traveling away from home, even internationally. Enroll at [myProvidence.com](https://myProvidence.com).





# Stay connected



## Get to know others at work and in your community

### Nurture your relationships

Create or maintain relationships where there is mutual respect and support. Plan a regular lunch date with your best friend, date night with your significant other, or dinner with your family. Reach out to someone you haven't connected with in a while to catch up.

### Build connections at work

Socialize with colleagues at lunch or ask them to go for a walk. If you're working remotely, schedule a virtual coffee break or send them a quick message to see how they are doing.

### Learn new perspectives

Encourage yourself to express concerns or questions over change and novel topics. Working through differences of opinion can strengthen your community when you seek discussion over a topic you don't understand.

### Embrace your free time

Be mindful of your downtime and set parameters on your screen time. Join a sports team or book club, paint, garden, or take a cooking or exercise class – whatever brings you joy. It is a bonus if you include someone else, as common interests can deepen relationships.

### 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. Check out the [Guide to Volunteering in Oregon](#) or find a [volunteer opportunity](#) that fits your schedule and interests.

### 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 [Providence Basecamp](#), [Peloton](#) or [Alo Moves](#).

### Spread kindness

Being there for each other and showing random acts of kindness can be a mood booster for those around you and yourself. Try the [30-day kindness challenge](#) to brighten someone's day.

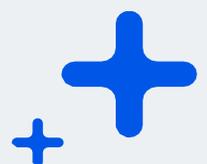
### Connect with a pet

Caring for an animal provides companionship and comfort. Get to know other pet owners by going on daily walks or visiting the dog park. If you're not interested in becoming a pet parent, spend time with a friend's pet or visit a local animal shelter.



## 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](https://Blog.Providence.org).





# Protect your health



## Keep up on recommended vaccines

### 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.

### Stay current on shots

Ask your provider if you are due for any vaccines. Getting vaccinated protects not only yourself, but all of those around you. Once a large portion of a community is immune to a disease, it makes further spread of the disease less likely.

### Record your vaccinations

Keep track of vaccinations so you know when you and your family are due for your next dose. Keep a [vaccine tracking card](#) or ask your doctor to enter the vaccinations into your state's immunization information system.

### Keep your child on track

Make sure your child is up to date with [recommended shots](#). Ask your child's provider about getting caught up on any missed shots and the best way to stay on track if using telehealth for well-care visits.

### Get your annual flu shot

The CDC recommends that most individuals aged six months and older get a flu vaccine each year. Flu shots are especially important for people with chronic conditions, pregnant women, and children.

### Protect yourself from COVID-19

Get fully vaccinated against COVID-19. This helps prevent you from getting the virus altogether, or from experiencing severe symptoms and hospitalization. Discuss any questions with your doctor.

### Have a conversation

Let your family or friends know you're concerned about their health and well-being. Share why you choose to stay current on vaccinations, offer reassurance, and direct them to reliable sources of information.

### Boost your immune system

Maintain a healthy lifestyle to keep your immune system in good working order. Eat a well-balanced diet, rich in fruits and vegetables, exercise regularly, get adequate sleep, don't smoke and limit alcohol consumption.

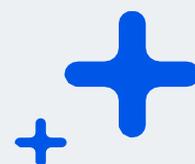
### Stop the spread

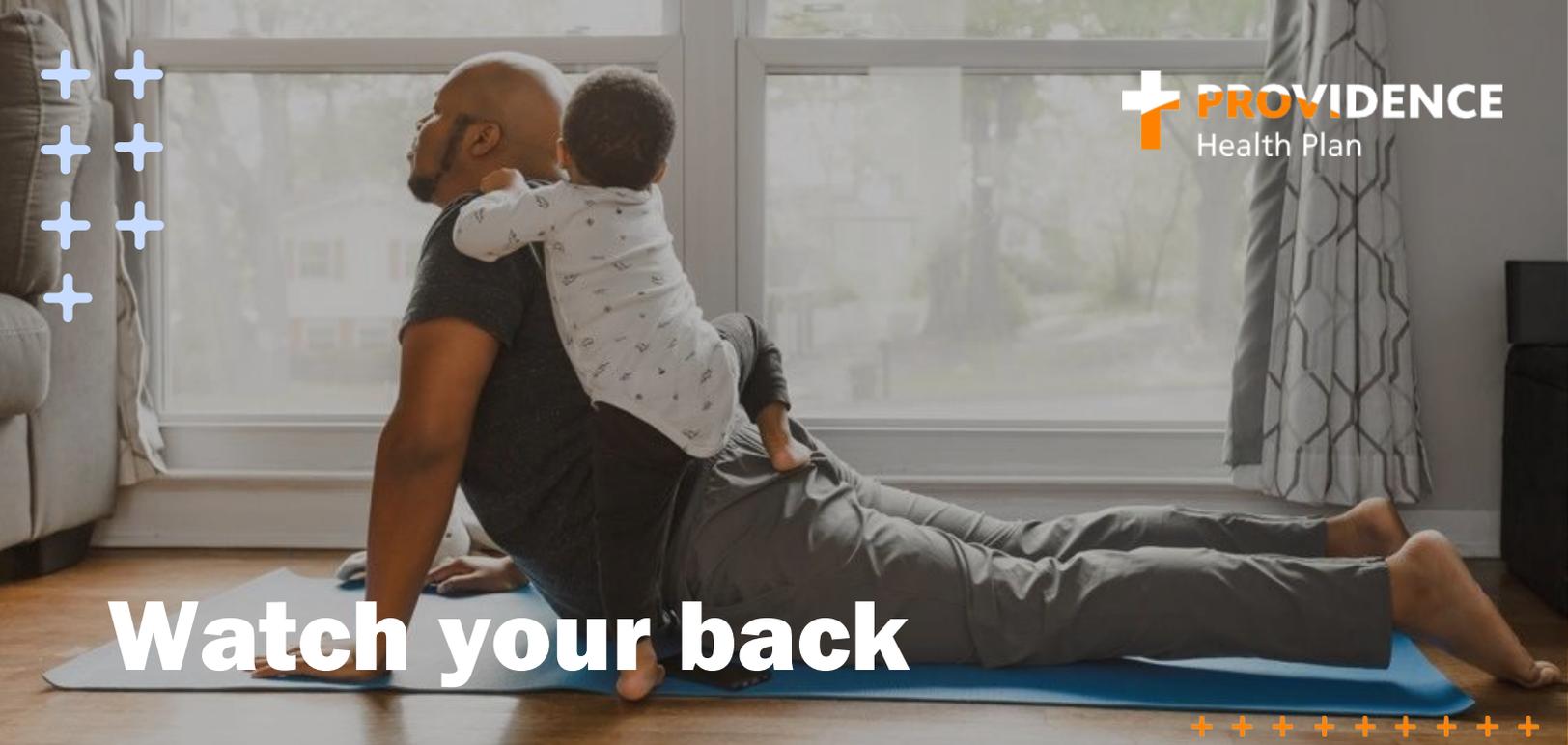
Stay home if you feel sick or have symptoms like a fever, congestion, sore throat or cough. Wash your hands with warm water and soap for 30 seconds, cover your cough or sneeze, and wipe down high-touch surfaces.



## Find a vaccine near you

Check with your primary care provider or local pharmacy. Find one that's in-network at [ProvidenceHealthPlan.com/findaprovider](https://www.ProvidenceHealthPlan.com/findaprovider).





# Watch your back

## Keep your spine healthy and happy

### Strengthen your core

Keep back pain in check with daily gentle exercise like walking, cycling, or swimming – movement fuels the spine with healthy nutrients. Add wall sits, planks and core strengthening activities, like yoga and Pilates, to help build the muscles that support your spine.

### Take regular breaks

Remember to take breaks to stretch and move around, or pace while talking on the phone. If you can, set up a standing workstation so you can sit less throughout the day.

### Choose supportive shoes

Look for shoes that support good posture and are designed for your chosen activity. It is important that your shoes fit properly, offer plenty of room for your toes, and aren't too high.

### Let your spine rest

Proper alignment as you sleep will prevent you from waking up with pain right at the start of your day. Make sure your mattress supports your spine. Place a pillow under your knees if you're a back sleeper or one between your knees if you're a side sleeper.

### Stretch it out

Incorporate simple stretches into your daily routine. Take a few minutes anytime – when you wake, between commercial breaks, or before bed – to stretch your back the right way. Try child's pose, a knee-to-chest stretch or the cat-cow yoga position. See step-by-step instructions for safe back stretches from [Healthline](#).

### Maintain proper posture

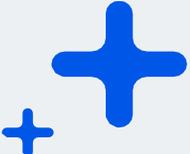
Pull your chin back to align your ears with your shoulders and hips. Try to look straight forward at your computer screen, with your elbows, hips and knees bent at a 90-degree angle. And if you can't reach the floor, use a footrest.

### Practice safe lifting

When lifting an object, stand as close to the item as you can and use your legs and knees rather than your back or upper body, to pull it up. Keep your head down and back straight. If the item is heavy, ask for help.

### Talk to your doctor

If your pain persists, see your doctor. Your primary care provider can do an initial assessment and make sure there aren't any major issues in the spine. They can also help create a care plan and may recommend other treatment.



## Save big on chiropractic, therapeutic massage and acupuncture

ChooseHealthy® offers discounts on specialty provider services. Check out available discounts at [myProvidence.com](#).



# Prioritize your health



## Take charge and prevent diabetes

### Make smart food choices

Starchy foods (like pasta and rice) and simple sugars (like sweets) can raise blood glucose levels. Plan meals that include a variety of healthy foods, such as non-starchy vegetables, fruits, whole grains, fish, lean meats, and fat-free dairy products. Choose foods that are lower in saturated fat, trans fat, sugar, and salt.

### Be active, every day

Exercising can help control blood glucose levels. Aim for 30 minutes of moderate physical activity most days and try to get two or more days of muscle strengthening activities. Try walking, swimming, cycling or classes like high intensity interval training.

### Drink plenty of water

Stay on track with your water intake throughout the day by keeping a water bottle at your desk, adding frozen berries, a wedge of lemon or a mint sprig to water, and drinking extra fluids on warm days.

### Sleep better

Try to get 7 or 8 hours of sleep most nights and commit to your bedtime and wakeup time. Create a restful sleep environment by using black out shades, keeping the temperature comfortably cool, and using a white noise machine.

### Manage stress

Stress is unavoidable, but there are many ways to relieve stress, such as practicing yoga or meditation, spending time with friends and family, listening to music, or spending time in nature.

### Schedule a well-care visit

Prioritize your health and schedule your well-care appointment. It is an important time to connect with your provider to discuss your overall health and wellness and stay up to date with routine screenings and immunizations.

### Know your risk factors

Take a one-minute [risk test](#) to see if you are at-risk for type 2 diabetes, which includes factors such as being overweight, being 45 years or older, being physically inactive or having a family member with type 2 diabetes.

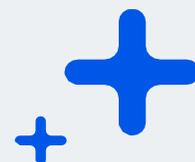
### Take your prescriptions

Talk with your provider about medicine to help keep your blood sugar in a healthy range. Don't skip or stop taking your medicine without talking to your provider.



## Build healthy habits that last

Our Providence health coaches are here to help you reduce your risk for type 2 diabetes. Get started at [ProvidenceHealthPlan.com/healthcoach](https://www.providencehealthplan.com/healthcoach) or call 888-819-8999.





# Focus on the good



## Stay mindful and well through the holidays

### **Make healthy food swaps**

Keep your heart healthy by choosing Greek yogurt over sour cream, applesauce instead of oil or sugar in baked goods, nuts over chips, green sides (like spinach or broccoli) instead of white sides (like potatoes or pasta), and salmon over steak.

### **Drink wisely**

Be mindful about alcoholic and sugar-sweetened drinks. Alternate wine or beer with better-for-you beverages, like water, seltzer, or fruit-infused water.

### **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.

### **Keep up your workout routine**

Find a workout buddy to stay motivated. Ask a coworker to walk during lunch or see if a neighbor wants to walk after work. If you're on vacation, walk or bike when sightseeing, use the stairs instead of the elevator, or participate in a local 5k.

### **Practice gratitude**

Try keeping a gratitude journal and reflecting on everything you are grateful for. Spend your energy and time on the things that give you joy and feel most fulfilling.

### **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.

### **Do good in your community**

Volunteer time or financial resources to help someone else. You'll feel good about doing something tangible to help someone in need.

### **Start new family traditions**

Be present and enjoy the holiday season with loved ones. Create new memories by giving back to your community through a volunteer event, sledding, or taking a walk in the snow.

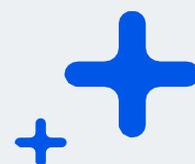
### **Be intentional with holiday spending**

Set a realistic budget and stick to it. Create a list and allocate funds to different categories. Stay disciplined by tracking your purchases.



## 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](https://myProvidence.com).





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](mailto:workplacewellness@providence.com)

[ProvidenceHealthPlan.com](http://ProvidenceHealthPlan.com)

