

## READ ME FIRST

### January Wellbeing Tip: The Importance of Preventive Care

#### Here are some ways you can support your employees (resources attached):

- Assess your Paid Time Off policies to ensure that employees and their families can get necessary preventive care.
- Consider implementing an incentive program to encourage employees to get their annual well visit and other needed preventive care. Your dedicated Wellbeing Engagement Consultant can help you develop an incentive strategy.
- Share the included flyers with employees.

#### Here are some additional resources:

- [National Center for Chronic Disease Prevention and Health Promotion](#), CDC
- [Workplace Health Strategies](#), CDC
- Univera Healthcare, [Health & Wellness](#)

**Have you visited the Univera For Business website?** It is a digital hub for downloading toolkits and resources to help you educate and engage your employees. Toolkit topics include behavioral health, maternity care, diabetes, finding a doctor, telemedicine and more. Visit <https://univeraforbusiness.com/>.

**Have you had a free workplace wellbeing consultation?** Our Workplace Wellbeing Consultants partner with you to develop data-driven wellbeing strategies tailored to meet your needs. Contact your dedicated wellbeing consultant, account manager or broker to schedule a complimentary wellbeing consultation.