Read Me First – November wellbeing tip for employers

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

- ✓ Share the **flyers** in the resource folder with employees
- ✓ Encourage healthy habits – such as regular physical activity, eating a healthy diet, and taking care of mental wellbeing in the workplace and at home
- ✓ Promote our latest Myth vs Fact ask a dietitian post – Nutrition Myth Check: Eating after a certain time at night automatically causes weight gain
- ✓ Encourage employees to register for the upcoming **Prediabetes 101: small steps, big results** webinar (promotional flyer included in the employee resource folder)
    - Looking to access a previous Understanding Your Wellbeing webinar? They are available on-demand on our Univera Healthcare 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 **"Healthy-holidays challenge"** located in the employer folder as a fun way to engage employees.

Here are some additional resources:

- ✓ Centers for Disease Control and Prevention, Prediabetes – Your Chance to Prevent Type 2 Diabetes | Diabetes | CDC
- ✓ Centers for Disease Control and Prevention, Take the Test - Prediabetes | Diabetes | CDC
- ✓ Centers for Disease Control and Prevention, The Surprising Truth About Prediabetes | Diabetes | CDC
- ✓ American Diabetes Association, Diabetes Prevention | ADA
- ✓ American Diabetes Association, Diabetes Food Hub

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 | Univera Healthcare for more information.

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