Read Me First – December wellbeing tip for employers

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

- ✓ Share the **flyers** in the resource folder with employees.
- ✓ Encourage employees to print and **color the new winter coloring pages**, available in the employer folder, or print copies and place them in breakrooms. Consider hosting a holiday coloring contest to boost engagement and add a little seasonal fun to the workplace.
- ✓ Encourage employees to register for the upcoming **Beyond the winter blues: supporting wellbeing through the season 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.)
- ✓ Distribute the positivity cards in the employer folder to encourage employees to finish out the year strong.

Here are some additional resources:

- ✓ Seasonal Affective Disorder - National Institute of Mental Health (NIMH)
- ✓ What are "Holiday Blues" and How to Deal With Them? | Psychology Today
- ✓ Best Health Advice of 2023
- ✓ How to Have Healthier Holidays in 1-2-3! | Healthy Weight and Growth | CDC
- ✓ Heart_Happy_Holiday_Guide.pdf

Do you know about the monthly Employer News? It contains useful information about many Health Plan resources, including the monthly wellbeing tip. To receive it, sign up at UniveraHealthcare.com/EmployerEmail. Brokers, please contact your Univera Healthcare account manager to receive the Broker News.

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