

# a healthy conversation

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## Focus on workplace wellness during Global Employee Health and Fitness Month

*From Wellmark Blue Cross and Blue Shield*

May is Global Employee Health and Fitness Month (GEHFM). The National Association for Health and Fitness and ACTIVE Life started this initiative to challenge Americans to demonstrate their commitment to establishing a corporate culture of health and wellness. Healthy habits take time to build, but the efforts you make today can have a life-long positive impact on your employees and your colleagues.

Healthy habits are established through small daily decisions to pursue healthier options and opportunities. The goal is to foster workplace wellness step-by-step and create sustainable behaviors that continue long after the monthly observance ends. Encouraging healthy habits in the office can be as simple as taking the stairs instead of the elevator,

taking a 10 minute walk at lunch, or bringing fresh fruit instead of cake for birthday parties and other office celebrations.

Formal employee wellness programs improve the overall health and productivity of a workforce. A well-implemented workplace wellness program can lead to lower stress levels, increased physical fitness, and improved self-image while decreasing health care costs, employee illness, and injury.

There are additional resources to identify and implement employee wellness programs year-round. For example, organizations with fully insured health plans through Wellmark Blue Cross Blue Shield have access to added health and wellness programs to assist employees in managing

and maintaining their health. These programs include and pregnancy support and online tools designed to help employees track and maintain their wellness levels.

For more information regarding the health and wellness programs included with your health care plan, connect with your trusted broker, agent, or insurance company. For additional information regarding Global Employee Health and Fitness Month and access to employee wellness program toolkits, visit <http://www.healthandfitness-month.com>.

*For more information on health and health insurance, call the Wellmark Blue Cross and Blue Shield **Personal Health Assistant 24/7 at 1-800-724-9122**, or visit [www.wellmark.com](http://www.wellmark.com).*

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