

# QUARTER 4: Embracing Diversity

Click the [blue](#) text below for additional information.

By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.

And click [here](#) for more info on Healthy Habits and Quarterly Campaigns.

## Healthy Habit of the Month: **DEVELOP SOCIAL AWARENESS**

Did you notice one time you had privilege today?

**Health Observances:** [World Mental Health Day](#) (October 10)  
[Global Diversity Awareness Month](#)

OCT

NOV

## Healthy Habit of the Month: **REACH OUT**

Have you connected with a coworker you don't know very well?

**Health Observances:** [American Diabetes Month](#)  
[Movember Men's Health Awareness Month](#) • [Great American Smokeout](#) (November 21)

DEC

## Healthy Habit of the Month: **NOTE PREJUDGMENT**

Did you notice an assumption you made based on how others look or speak?

**Health Observances:** [World AIDS Day](#) (December 1) • [Human Rights Day](#) (December 10)

Connect with your Health and Wellness Consultant to learn how to apply for the  
**2024 VERMONT GOVERNOR'S AWARD FOR EXCELLENCE IN WORKSITE WELLNESS.**



## Journeys that support **DIVERSITY, EQUITY, AND INCLUSION:**

- Explore Different Identities
- Learn About Allyship
- Talk About Race

## HEALTH AND WELLNESS GOALS:



Reaching a personal health goal starts with a single step.

[Journeys](#) are daily, self-guided courses to help you build healthy habits.

**Questions?** Email [BeWell@bcbsvt.com](mailto:BeWell@bcbsvt.com) or click [here](#) for more information.

Brought to you by

**BeWell@Work™**



**BlueCross BlueShield**  
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.