

# 2025 BeWell@Work<sup>SM</sup> Calendar

Throughout 2025, our wellness offerings will help employees make the most of their benefits and local resources. From improving their musculoskeletal and heart health, to appreciating the many benefits of nature this calendar features monthly topics, quarterly promotions both on and off our Be Well Vermont digital wellness platform, Blue Sky VT Days and more. To connect with resources below, click the text highlighted in **blue**. For further details on our quarterly promotions visit the **BeWell@Work<sup>SM</sup> Resources** page. **NOTE:** You can incentivize *any* wellness initiative at your organization with points on the Be Well Vermont platform with a voucher code.

Monthly Topics	Be Well Vermont Platform Features (promotional pieces are available)	BeWell@Work Quarterly Campaigns	Blue Sky VT Days & Community Resources
<b>JANUARY</b> <b>Kick Start Your Health with Preventive Care.</b> Share our <b>Preventive Care flyer</b> educating employees on what is covered and when.	<b>Feature the Health Assessment.</b> Empower employees to assess their wellbeing and learn how to adopt healthy changes. Each participant instantly receives a personalized report.  <a href="https://bluecrossvt.org/bewellvt">bluecrossvt.org/bewellvt</a>	<b>Make the Most of Your Health Plan's Benefits &amp; Local Resources.</b>  This toolkit features stand-alone emails and content on preventive care, specific health plan benefits and local resources for ALL Vermonters. Choose what your organization would like to promote.	Embrace winter by promoting <b>Blue Sky VT Snow Days</b> . These events are for ALL Vermonters.  Check out preventive care and safety strategies created by The <b>Vermont Department of Health</b> .  Share the <b>workshop calendar</b> for the <b>free "My Healthy Vermont"</b> workshops for all Vermonters focused on building healthy behaviors, managing pain and other long-term health problems.  Get recognized for your hard work! Apply for the <b>Vermont Governor's Award for Excellence in Worksite Wellness</b> . Typically available in January, this award acknowledges your efforts from the previous year.
<b>FEBRUARY</b> <b>AMERICAN HEART MONTH</b> Curate your favorite American Heart Association's <b>"Healthy for Good"</b> infographics to share.	The <b>My Care Checklist</b> , a handy healthcare tracker, gives employees a single place to keep track of well visits, screenings and vaccinations.		
<b>MARCH</b> <b>NATIONAL NUTRITION MONTH</b> See the Academy of Nutrition and Dietetics' <b>campaign toolkit</b> .  Find and share <b>local farmers markets</b> and <b>community-supported agriculture opportunities</b> with NOFA.  Promote Blue Cross VT's <b>nutrition counseling</b> benefit to members.	Promote the <b>nutrition guide</b> . This feature allows employees to choose which aspect of nutrition they want to work on and then provides tips and recipes to help them achieve their goal.		
<b>APRIL</b> <b>Make Every Move Count</b> Share out this <b>infographic</b> to encourage employees to fit more physical activity into their day.	<b>Connect a device or app.</b> The platform syncs with more than 90% of wearable devices. Encourage employees to track steps, their active minutes, sleep, and more.		
<b>MAY</b> <b>MENTAL HEALTH MONTH.</b> Take advantage of the <b>mental health resources</b> provided by Mental Health America. Your Health & Wellness consultant will share out the 2025 toolkit in April.  Visit this <b>link</b> to learn how exercise can help our mental health. Consider using it in your organization's newsletter or intranet.	Good sleep supports our mental well-being. Promote the <b>Sleep Guide</b> which allows employees to decide what they need to work on, like getting to bed earlier or quieting down routines.	<b>Move &amp; Nourish: A 5K Training Program for Heart Health.</b> This 5K training program is designed to guide you through the exciting challenge of walking or running a 5K, while also empowering you with the knowledge of heart-healthy nutrition. Whether you're a beginner or looking to improve your fitness, this program is perfect for anyone eager to boost their cardiovascular health.	Feature <b>Come Alive Outside</b> and the <b>Mile-A-Day Walking Challenge</b> .  Explore <b>Mountain Days</b> with Blue Cross VT.  Promote <b>National Walk at Lunch Day</b> the third Wednesday of April.  Pitch in to keep Vermont beautiful with <b>Green Up Vermont</b> .  Sponsor your employees to participate in the <b>42nd annual Vermont Corporate Cup Challenge and State Agency Race</b> , a 5K team running/walking event.  Enjoy free admissions at Vermont state parks and state-owned historical sites one weekend every June during <b>Vermont Days</b> .
<b>JUNE</b> <b>UV Awareness Preparation.</b> Share these <b>free educational resources</b> designed to help with prevention and early detection of skin cancer.	Encourage employees to get a jump start on their sunscreen routine by turning on the <b>Healthy Habit: "Stay Sun Safe"</b> that features the daily prompting question, <i>"Did you apply sunscreen with a SPF of 30 or higher today?"</i>		
<b>JULY</b> <b>NATIONAL PARKS &amp; RECREATION MONTH.</b> Encourage employees to find bodies of water near them to enjoy. The <b>VT State Park website</b> has a <b>"Park Finder"</b> tool (simply scroll down the home page) that allows you to filter your search by park amenities like swimming, fishing, canoe/kayak access, boat launch, and boat rental.	Promote the <b>Healthy Habit Challenge: Finding Glimmers</b> . For seven days employees will be given daily tips and focus on this one positive question: <i>"Did you notice a small moment today that lit up your world?"</i>		
<b>AUGUST</b> Educate employees on how much water they need to drink and how it benefits their body with <b>"Staying Hydrated, Staying Healthy"</b> from the American Heart Association.	This is the perfect month to remind employees about the <b>"Happy Hydrator"</b> profile in the nutrition guide. The guide will present three healthy habits to choose from that focuses on quality and quantity of daily hydration.		
<b>SEPTEMBER</b> <b>NATIONAL HEALTHY AGING MONTH.</b> Curate and share out healthy aging tips via <b>infographics from the National Institute on Aging</b> . These can help both older adults and elder caregivers.	Highlight the <b>media library</b> by introducing this 3-minute video clip <b>"Secrets of Healthy Skin."</b> This clip covers how to keep your skin healthy and support healthy aging from the inside.		<b>Get out this summer and play</b> in the outdoors with Blue Cross VT's free event for all Vermonters.  Pick your peck starting in September with Blue Cross VT's <b>Apple Days</b> .
<b>OCTOBER</b> <b>BREAST CANCER AWARENESS MONTH.</b> Get inspiration from this <b>website</b> on which aspect of this topic you want to highlight, such as early detection, risk factors and/or support resources.	Encourage employees to enjoy the fresh fall air by turning on their own personal step challenge. They can choose the <b>"1-day Super Stepper," "Weekend Walk-Off"</b> or the <b>"Weekday Step-Off"</b> and invite up to 250 coworkers to join them!		
<b>NOVEMBER</b> <b>"Movember,"</b> the movement supporting men's health initiatives, <b>has introduced A-L-E-C, a technique to help you have a mental health conversation</b> with someone you're concerned about.  They've even developed a <b>free interactive tool you can use to practice A-L-E-C</b> in mock conversation.	Create an announcement card and email to promote the 12-day Journey: <b>"Living Well with a Cancer Diagnosis."</b> Employees discover tools to help nurture their emotions, communicate with doctors, focus on self-care and accept help when needed.		
<b>DECEMBER</b> Share out this <b>free mindfulness exercise, "The Power of Pause."</b> This practice encourages employees to relax during a busy time of year.	Promote the <b>Healthy Habit Challenge: Relaxation Breathing</b> . For seven days employees are given daily tips and will focus on this one question: <i>Did you respond to stress by taking 3 deep breaths?</i>		Take a moment for professional development by attending the annual <b>VT Worksite Wellness Conference</b> or consider a <b>Wellness Alliance membership</b> that can support you all year long with resources and webinars.
<b>Remember:</b> Your dedicated BeWell@Work Health & Wellness consultant can support you in finding additional vendors and/or resources to address your organization's unique wellness goals and objectives throughout the year.			

Questions?

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