

# BEWELL@WORK<sup>SM</sup>

## 2026 WELLNESS CALENDAR



### Elevate Your Everyday: One Habit at a Time

Throughout 2026, our wellness offerings will help employees focus on one habit at a time to elevate their everyday. We will begin the year focusing on how to make new habits stick, then dive into specific healthy behaviors from our three BeWell@Work employer resource guides:

1. **Mind Matters** (mental health)
2. **Healthy Heart** (heart health)
3. **Move Well** (musculoskeletal health)

This calendar features our monthly newsletter topics, our quarterly campaigns, community wellness events, and organizational steps you can take to help employees sustain positive change.



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For campaign details visit our [BeWell@Work<sup>SM</sup> Resources page](#). Reach out to your consultant to learn more about the [Be Well Vermont platform](#).

**Quarter 1 Focus:**

Healthy Habits

**Benefit Spotlight:**[Plan Your Preventive Care](#)**Monthly Newsletter****JANUARY:** The Power of Connection

Connection is about supporting one another, sharing strengths, and growing together.

**FEBRUARY:** Heart Connections

Social connections are vital in promoting health and preventing disease, including heart disease and stroke.

Additional resource: [“Healthy for Good” infographics](#)

**MARCH:** Mindful Eating

Mindful eating brings intention and focus to what and how we eat.

Additional resources: [National Nutrition Month campaign toolkit](#) and [Blue Cross VT’s nutritional counseling benefit](#)

**BeWell@Work Quarterly Campaigns and Webinars***January Webinar: A Lifestyle, Not a Diet*

This highly interactive presentation will invite participants to create and change habits. Participants will practice being more aware of what serves their lifestyle goals and explore ways to create health-promoting routines that feel natural to follow.

*Everyday Wins: Your Habit Blueprint*

This campaign is a step-by-step guide to building healthy habits, one small win at a time. Participants can set their own goals, learn tips and tricks to overcome common habit hurdles, and make changes they can sustain.

**Sustaining Change Through Organizational Support***Give Explicit Permission to Pause: Wellness Breaks at Work*

Give employees explicit and enthusiastic permission to take regular work breaks during the workday—without guilt, hesitation, or apology. Normalize a workplace culture where wellbeing is prioritized and rest is recognized as a vital part of productivity and innovation. Breaks aren’t a luxury; they’re essential to create space for healthy habits.

Encourage employees to:

- Block a micro-break for wellness in their calendar.
- Organize “team recess” for stretching, walking, games, or guided meditation.
- Foster social connection by encouraging “break buddies” to check in with each other and encourage taking a pause.

Learn more about [micro-breaks](#).



## Quarter 2 Focus:

### Mind Matters

## Benefit Spotlight:

### Virtual Mental Health Care

## Monthly Newsletter

### APRIL: Express Gratitude

Expressing gratitude is good for relationships, health, sleep, self-esteem, boosting empathy, and decreasing aggression.

### MAY: Seeking Mental Health Care

Taking the first step toward getting help with a mental health challenge is often the toughest one to take. Check out [Mental Health America's Mental Health Month Toolkit](#) for more information.

### JUNE: Men, Know Your Numbers

Men are often less likely than women to see a doctor regularly. It's important to encourage them to schedule their recommended health screenings and seek care when needed.



## BeWell@Work Quarterly Campaigns and Webinars

### April Video: Bristol Embraces a Gratitude Tree

Employees will learn how one person's passion for placemaking is a catalyst for community gratitude.

### Choose Gratitude. Share the Light

Gratitude is more than a feeling—it's a practice that transforms the way we see the world. When we focus on what's good, we invite more joy, positivity, and resilience into our lives. Over 21 days, employees will take small, meaningful steps to cultivate gratitude every day—journaling about the people and moments they appreciate, sharing why they matter, and taking mindful gratitude walks to notice the beauty around them.

## Sustaining Change Through Organizational Support

### Appreciate and Inspire: The Power of Employee Recognition

Gallup's Q12 employee engagement survey highlights key elements of great management. For example, question four asks employees about whether they have *received recognition or praise for doing good work*.

Recognition is a vital driver of engagement. According to Gallup, praise should be frequent, ongoing, and personalized—managers can strengthen impact by discussing how each employee prefers to be recognized.

Learn more from Gallup: [Why recognition improves employee engagement](#)

### Encourage Recognition at Every Level

Formal recognition programs are valuable, but everyday appreciation matters too. Create simple opportunities—like a gratitude wall or message board—for employees to share thanks and celebrate one another's contributions, as seen in Bristol's example of a gratitude tree by Porter Knight (featured in the April Video section above.)



## Quarter 3 Focus:

### Healthy Heart

#### Benefit

### Virtual Nutritional Counseling

## Monthly Newsletter

### JULY: Support Movement

Give and ask for support to help meet physical activity goals.

### AUGUST: Your Heart Loves Plants

Eating plenty of plant-based foods is a key part of heart-healthy eating. Check out [local farmers markets and community-supported agriculture opportunities](#).

### SEPTEMBER: Managing Menopause

Vermont declared September as **Perimenopause Awareness** Month in 2025. Many people don't know that perimenopausal symptoms can begin as early as age 35, so talking more about this stage of life can have a big impact.



## BeWell@Work Quarterly Campaigns and Webinars

### Move with Heart Challenge

Every heartbeat tells your story—make it a strong one. Just 10 minutes of daily movement can boost circulation, lift mood, and protect your employees' hearts for the long run. It's not about perfection or pace, it's about your employees showing up for themselves, one step at a time.

### August Webinar: *Nutrition for the Heart*

Join Whole Health Nutrition as they teach employees the fundamentals of heart-healthy eating, top foods to promote cardiovascular health, and simple meal prep and planning tips. We will also compare some common diets, cooking strategies, and budget friendly tips. Perfect timing for the harvest coming out of local gardens!

## Sustaining Change Through Organizational Support

### Creating Healthy Virtual & Physical Environments

The **Be Well Vermont platform** helps employees build heart-healthy habits through tracking tools, personal challenges, videos, journeys, and daily tips that encourage physical activity and better nutrition. Participants can also personalize their experience with targeted support for blood pressure and cholesterol management. To access these features, employees can select **"More" → "Pillars" → "Health Situations"** on the home page, then choose blood pressure and/or cholesterol to explore relevant habits and challenges.

For shaping the **physical workspace**, design environments that make healthy choices simple and natural. Offer nutritious food options, create spaces for movement, such as walking paths or stretch zones, and provide inviting areas for social connection, like lounges or outdoor seating. Adding accessible blood pressure stations further empowers employees to monitor their cardiovascular health regularly.

**Quarter 4 Focus:**[Move Well](#)**Benefit Spotlight:**[Help with Managing Pain](#)**Monthly Newsletter****OCTOBER:** More Core for Everyone

Our core muscles provide our bodies with support and stabilization—learn ways to build strength that fit different needs and preferences.

**NOVEMBER:** Map Out Your Week

Having a general plan about the week ahead can be a major stress reliever.

**DECEMBER:** Creative Connections

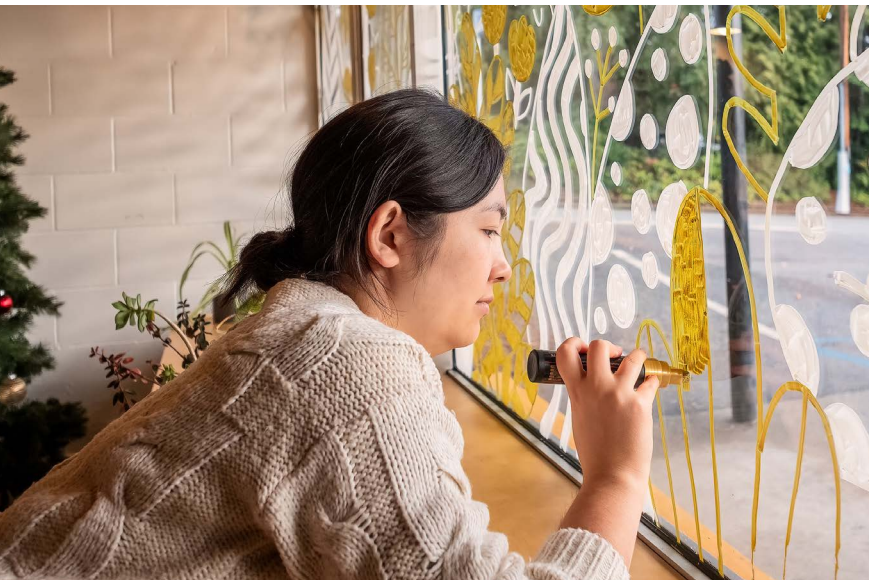
Explore ways to support and appreciate the creativity of family and friends, and the “arts” in your community.

**BeWell@Work Quarterly Campaigns and Webinars****Stronger Everyday Challenge**

This fun and flexible program gives employees an easy-to-follow handout and tracker filled with short, effective bodyweight exercises that work the entire body. Whether employees are at a desk, at home, or on the go, they'll build strength and momentum one workout at a time.

**Sustaining Change Through Organizational Support****Offer Musculoskeletal (MSK) Related Services at Work**

From computer-based ergonomics to lifting techniques, the way people move at work can contribute to MSK injuries and chronic pain. To help your employees learn to move and work safely and effectively, consider partnering with care providers that offer physical therapy, occupational therapy, or industrial athletic training. Check out page 3 of the [\*\*Move Well Employer Resource Guide\*\*](#) for options.







## Annual Events and Opportunities

### JANUARY-MARCH

- Embrace winter by promoting Blue Cross VT's **Snow Days**, free for all Vermonters.
- Apply to the **Bell Seal for Workplace Mental Health national certification program**, offered by Mental Health America (MHA). The program recognizes employers committed to creating mentally healthy workplaces. To learn about action steps you can take, check out the **pre-survey**.

### APRIL-JUNE

- Promote **National Walk@ Lunch Day** on April 15.
- Pitch in May 2 to keep Vermont beautiful with **Green Up Vermont**.
- Sponsor your employees to participate in the **43<sup>rd</sup> annual Vermont Corporate Cup Challenge and State Agency Race**, a 5K team running and walking event.
- Explore **Mountain Days** with Blue Cross VT.
- Enjoy free admission at Vermont state parks and state-owned historical sites one weekend every June during **Vermont Days**.

### JULY-SEPTEMBER

- Get out this summer and play in the outdoors with Blue Cross VT's **Kayak Day**, free for all Vermonters.
- Pick a free peck of apples at a participating local orchard in September with Blue Cross VT's **Apple Days**.