



HealthAdvocateSM
Activity Guide 2019



HealthAdvocateSM



Health Advocate Activity Guide

Helping your employees better navigate healthcare, take control of their health and make informed decisions is an important, year-round initiative. This Activity Guide can help you plan and promote successful awareness campaigns in your workplace about how Health Advocate can help.

The Activity Calendar on the next page includes our monthly newsletter topics along with suggested activities to get your employees engaged in taking better control of their healthcare experience. In many cases, we can also provide the materials you need to announce and promote these activities within your organization.

Remember, this is only a guide—feel free to use some or all of the suggestions, switch up the activities or add your own! Plan your initiatives and activities based on the greatest needs of your organization.

Need help getting started?

Your Health Advocate Account Manager can answer your questions and support you in creating a long-lasting culture of engagement for improved well-being and a positive healthcare experience.

Now available: Our enhanced member website and mobile app! Employees get one-click access to personalized help with healthcare and insurance-related issues, plus company news, alerts and seasonal tips—all year long.

Remind your employees to register to use the website by visiting HealthAdvocate.com/members. They can download the mobile app at the App Store or Google Play.

Download the app today!



Need help?

Contact your Health Advocate Sales Representative or Account Manager

January



Checklist for a Healthy Start to 2019

Suggested Activities:

- Remind employees to download the Health Advocate mobile app
- Encourage employees to call Health Advocate for help with outstanding medical bills, finding a new doctor or understanding their benefits
- Distribute Flyer: *19 Smart Goals for 2019*

Health Observance: Cervical Health

February



How Stress Affects Your Heart

Suggested Activities:

- Ask employees to share their favorite ways to battle stress and post them internally
- Refer employees to Health Advocate for help scheduling appointments for blood pressure checks or routine check-ups
- Distribute Flyer: *Mindfulness Meditation*

Health Observance: Heart Health

March



Maintain Your Momentum

Suggested Activities:

- Take a poll to see if employees are struggling with their New Year's resolutions
- Remind employees to call Health Advocate for help finding in-network specialists for help dealing with chronic joint or muscle pain
- Distribute Flyers: *Weight Loss Plateaus* and *Successful Behavior Change*

Health Observance: Nutrition

April



Springtime Allergies

Suggested Activities:

- Host a spring cleaning for work stations
- Encourage employees to call Health Advocate for help finding in-network doctors or allergists and/or getting generic prescription drugs
- Distribute Flyer: *Breathe Easy*

Health Observance: Stress Awareness

May



Create a Healthy Workspace

Suggested Activities:

- Encourage employees to start lunchtime walking groups
- Consider creating a relaxation room at your workplace
- Distribute Flyers: *Creating an Environment for Weight Loss*, and *Well-being at Work*

Health Observance: Employee Health and Fitness

June



Hydration Tips

Suggested Activities:

- Host a healthy snack and hydration day (fruits, vegetables, water or sugar-free Italian ice)
- Hand out water bottles to employees
- Distribute Flyer: *Drinking Water*

Health Observance: National Safety Month

July



Summertime Safety

Suggested Activities:

- Remind employees that Health Advocate can locate local urgent care centers for non-life-threatening health issues
- Distribute Flyer: *Remember the ABC's of Skin Cancer*

Health Observance: UV Safety

August



Healthier Productivity

Suggested Activities:

- Distribute Health Advocate wallet cards
- Remind employees about healthier ways to control stress (journaling, meditation, walking, etc.)
- Distribute Flyer: *Become a Better Healthcare Consumer*

Health Observance: Immunizations

September



Stay Healthy This Fall

Suggested Activities:

- Refer employees to Health Advocate for help understanding treatments, routine tests, screenings and procedures or reviewing medical coverage for procedures or devices
- Distribute Flyer: *Reach for the Fruit and Veggie Rainbow*

Health Observance: Fruits and Veggies — More Matters Month

October



Flu Prevention

Suggested Activities:

- Tell employees it's not too late to call Health Advocate for help getting a flu vaccination
- Remind employees about the importance of breast cancer screenings
- Distribute Flyers: *Staying Healthy During the Holidays* and *Wash Your Hands the Right Way*

Health Observance: Breast Cancer Awareness

November



Stay Active for Diabetes Prevention

Suggested Activities:

- Identify nearby walking trails or indoor community family fitness activity centers
- Refer employees to Health Advocate for help with diabetes-related issues like scheduling appointments, understanding treatments and medications
- Distribute Flyer: *Diabetes Prevention*

Health Observance: Diabetes Awareness

December



Pay It Forward This Holiday Season

Suggested Activities:

- Remind employees that Health Advocate helps parents and parents-in-law with a full range of eldercare issues
- Refer employees to Health Advocate for help with healthcare and insurance-related issues affecting their parents and parents-in-law
- Distribute Flyer: *Holiday Reminder*

Health Observance: Safe Toys and Gifts

we connect. we deliver.



HealthAdvocate Solutions™

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