



# 2026 HEALTH AND WELLNESS CALENDAR

*Engage your members in their benefits all year long!*

**CONNECT**  
HEALTHCARE COLLABORATION

# January

## *International Quality of Life Month*

### **Key Message for Employers**

Quality of life is more than physical health. It includes emotional well-being, access to care, and balance between work and personal life. Encourage employees to use preventive and wellness programs that support their whole selves.

### **Employee Message**

Quality of life is not a luxury. It is a goal worth working toward. Take time to care for your physical, mental, and emotional health this month.



### **Engagement Ideas:**

- Share reminders about preventative care screenings.
- Promote wellness programs that focus on balance and resilience.
- Encourage employees to set personal well-being goals for the year.



# February

## American Heart Month

### Key Message for Employers

Heart disease is preventable with education and early detection.

Support employees with access to screenings, fitness programs, and healthy living resources.

### Employee Message

Your heart works hard for you. Return the favor by scheduling a blood pressure check and taking small steps toward a heart-healthy lifestyle.



### Engagement Ideas:

- Offer heart-healthy lunch ideas or walking challenges.
- Share educational infographics about risk factors and prevention.
- Highlight plan coverage for cholesterol or cardiac screenings.



# March

## *National Nutrition Month*

### **Key Message for Employers**

Good nutrition is the foundation of better health. Providing education on healthy eating and access to nutrition counseling helps employees make sustainable choices.

### **Employee Message**

What you eat fuels how you feel. Try adding more color to your plate. Fresh fruits, vegetables, and whole foods can boost energy and focus.



### **Engagement Ideas:**

- Host a healthy recipe share or cooking demo.
- Partner with your wellness vendor to provide nutritious resources.
- Offer incentives for completing a health or nutrition challenge.



# April

## Stress Awareness Month

### Key Message for Employers

Stress affects focus, productivity, and health. Employers can support mental well-being by encouraging mindfulness, flexible schedules, and open communication.

### Employee Message

A little stress is normal, but constant stress is not. Take short breaks, breathe deeply, and use available resources when things feel overwhelming.



### Engagement Ideas:

- Promote mental health or EAP services.
- Share quick relaxation exercises.
- Offer a wellness hour or mindfulness break.



# May

## **Mental Health Awareness Month**

### **Key Message for Employers**

Creating a culture where mental health is supported and stigma is reduced can improve morale and retention.

### **Employee Message**

Your mental health matters as much as your physical health. Check in with yourself and reach out for help if you need it. Support is part of your benefits.



### **Engagement Ideas:**

- Share stories or testimonials about seeking support.
- Provide access to mental health screenings or webinars.
- Encourage leadership to model open conversations.



# June

## ***Men's Health Month***

### **Key Message for Employers**

Men are less likely to seek preventive care. Encourage screenings and open conversations about physical and emotional health.

### **Employee Message**

Preventive care is not just for when something is wrong. Schedule your annual check-up and take charge of your health.



### **Engagement Ideas:**

- Highlight covered preventative screenings.
- Share quick stats about men's health and longevity.
- Organize a workplace wellness competition.



# July

## UV Safety Month

### Key Message for Employers

Summer sun can lead to long-term skin damage. Remind employees about sun protection and the importance of regular skin checks.

### Employee Message

Enjoy the sunshine safely. Wear sunscreen, stay hydrated, and schedule a skin exam if you notice changes.



### Engagement Ideas:

- Provide sunscreen samples or educational posters.
- Host a sun safety awareness week.
- Share coverage details for dermatology visits.



# August

## Immunization Awareness Month

### Key Message for Employers

Vaccines help prevent illness and reduce absenteeism. Promote immunizations as part of your workplace wellness strategy.

### Employee Message

Vaccines are not just for kids. Stay current on your shots and protect yourself and those around you from preventable illnesses.



### Engagement Ideas:

- Partner with a local pharmacy for on-site vaccines.
- Share reminders about flu and booster shots.
- Educate on preventative care coverage.



# September

## Healthy Aging Month

### Key Message for Employers

Support employees and dependents across generations with resources for aging well, such as fitness, preventive screenings, and chronic condition management.

### Employee Message

Healthy aging starts now. Small habits today, like moving more and eating well, can make a big difference tomorrow.



### Engagement Ideas:

- Offer wellness seminars on longevity or balance.
- Share preventative screening guidelines by age.
- Promote programs from chronic condition management.



# October

## Breast Cancer Awareness Month

### Key Message for Employers

Early detection saves lives. Make it easy for employees to schedule mammograms and understand their preventive care benefits.

### Employee Message

Screenings are self-care. Talk with your doctor about when to start regular mammograms.



### Engagement Ideas:

- Coordinate mobile mammography visits or screenings.
- Share survivor stories or educational resources.
- Use pink-themed awareness dats to show support.



# November

## Diabetes Awareness Month

### Key Message for Employers

Diabetes affects millions and is often preventable. Encourage screenings and promote healthy habits that reduce risk.

### Employee Message

Know your numbers. A simple blood sugar check can help prevent future health problems.



### Engagement Ideas:

- Offer diabetes screening or education events.
- Share stories about lifestyle changes and prevention.
- Highlight coverage for nutrition counseling or disease management.



# December

## Holiday Health Month

### Key Message for Employers

The holidays bring joy and stress. Help employees stay balanced by promoting self-care, time off, and moderation.

### Employee Message

Take care of yourself this holiday season. Rest, connect with others, and enjoy the moments that matter most.



### Engagement Ideas:

- Share reminders about PTO and mental health support.
- Encourage gratitude and mindfulness activities.
- Offer a healthy holidays challenge with prizes.

