



2026 HEALTH AND WELLNESS CALENDAR

Engage your members in their benefits all year long!

CQCONNECT
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.

