

Trumbull County 2023 Proposed Wellness Plan

Month	Calendar Topic	Promotional Campaigns	Activities/Challenges
January	<ul style="list-style-type: none"> Preventive Care Awareness Month Cervical Health Awareness Month 	2023 Program Launch	Promote Incentive Program (3 \$500 Gift Card)
February	<ul style="list-style-type: none"> National Heart Month Dental Health Month 	Rally Health Survey	Offer BP Screenings Biggest Loser Competition
March	<ul style="list-style-type: none"> National Nutrition Month National Colorectal Cancer Awareness Month 	Behavior Change Support Resources (Rally Missions, Able To, Real Appeal, and Living with Diabetes)	Promote Health Survey Drawing (5-\$25 Gift Card) Promote Sleep Awareness Week
April	<ul style="list-style-type: none"> Alcohol and Substance Abuse Awareness Month (TMHRB/ASAP Resources) 	Preventive Care Reminder	Fitness Challenge based on Gym Check-in
May	<ul style="list-style-type: none"> Mental Health Month (TMHRB Resources) National Physical Fitness and Sports Month 	Able To and Talkspace (and other emotional health resources)	Biometric Screenings
June	<ul style="list-style-type: none"> Men's Health Month / National Safety Month 	Real Appeal Reminder and Update	Promote Missions (those who completed 1 mission) (5-\$25 Gift Card) Promote Sleep Health
July	<ul style="list-style-type: none"> Summer Safety 	Premium Providers	Virtual 5K
August	<ul style="list-style-type: none"> National Immunization Awareness Month 	Site of Care	Biometric Screening Drawing (5-\$25 Gift Card)
September	<ul style="list-style-type: none"> National Childhood Obesity Awareness Month Healthy Aging Month 	Virtual Visits	Fall Fitness Walking Challenge - STRAVA
October	<ul style="list-style-type: none"> Women's Health Month National Breast Cancer Awareness Month 	Flu Shots Preventive Cancer Screenings	Flu Shots
November	<ul style="list-style-type: none"> Diabetes Awareness Month Great American Smoke-out (November 16th) 	Living with Diabetes	Distribute Type 2 diabetes Screening Checklist
December	<ul style="list-style-type: none"> Healthier Ways for the Holidays 	Sanvello and Talkspace (and other emotional health resources)	Promote Rally Program

