

A Year of Health™

Creating a Culture of Health – One Month at a Time.

This monthly program gives your employees healthy activities to do all year long. Each month is built around a key health observance such as American Heart Month, National Nutrition Month, and Home Safety Month, and gives the employee a related self-guided activity to achieve. The goal is to reinforce a healthy culture throughout the year.

Employees will learn how to take better care of their heart and skin, look and feel better, and protect themselves from some serious illnesses. Each month participants will receive an email reminder to log into their wellness portal to learn about that month's challenge. Participants will find easy, achievable tips and steps to bring them closer to their health goals along with a simple activity to complete.

Employees can view the entire calendar of activities, but can only enter and read each month's program as it occurs: no peaking ahead!

Program Features

- Complete integration with online portal and incentive management
- Online registration
- Self-guided and self reported
- Optional Portion Plate® teaching tool and incentive

Employee Goals

- Develop better wellness habits
- Invest more time in self care
- Improve fitness and nutrition
- Understand importance of wellness



Learn more at: www.bebetter.com



About beBetter Health

We've been helping companies deliver successful wellness programs for over 25 years, and we know what works. Our approach is simple: remove as much of the guesswork, manual tracking, and unnecessary effort as possible. Make sure every facet of the program is connected, from assessment to programming to evaluation. Help you make the most of the system with easy user guides, simple interfaces, experienced Account Managers.

The beBetter® System helps employees take action toward protecting and improving their health, and provides employers with strategies to reduce health care costs and boost employee productivity.

For brokers, we provide everything you need to implement an effective, comprehensive population health management solution. Give us a call and let us walk you through how the beBetter® System makes you more competitive.



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