



VIRGINIA BANKERS
ASSOCIATION
Benefits Corporation



Q4 2025

Musculoskeletal (MSK) Health

the well-being of the muscles, bones, joints, and connective tissues that support movement.

Click on the icons below to explore campaign options to distribute to your employees.



Ergonomic Webinar October 3

Improve posture at work! Share the [Ergonomic Assessment](#) and **10/3 Webinar (registration required)**.



Wellworks Walking Challenge

This Company-Wide Appalachian Trail Walking Challenge will take place between 10/1 - 10/31. Complete the [Intake Form](#) by 9/10.



Hinge Health

Virtual Physical Therapy to reduce pain/discomfort or recover from an injury.



Anthem MSK Health Kit

Employee communications and tools for creating a fun and effective 4-week program.

Helpful Tips:

- **Keep it simple.** This material is meant to help you to manage your quarterly wellbeing strategy. **Pick & choose what works!**
- **Spread it out.** Materials may be distributed to employees on a timeline of your choice.
- **Keep it fun.** Present this program as a positive, helpful experience, not a mandatory requirement. You want everybody to keep a healthy attitude!

