



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 Assessment

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!

