

NEW YEAR NEW YOU

JANUARY

NOOM

Watch a 2.5-minute video about this program. It's free for employees and dependents age 18+ enrolled in a VBA Benefits Corp. sponsored medical plan!



FEBRUARY



Watch a 1-minute video about Live Well, Work Well Week, where employees can virtually attend live well-being webinars between February 9 - 12.



MARCH



Read a collection of articles about sleep, why it's important, sleep disorders, and how to improve it for better health.



Read a short article about setting and sticking to your healthy habits and goals.



View a monthly newsletter about cancer prevention, connectedness, emotional health, and a healthy recipe.



Complete the "Know Your Number" Health Assessment and discover areas you can improve on via Wellworks For You.



Scan or click on the QR codes to access materials.

