

NEW YEAR NEW YOU

JANUARY



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!



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



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.



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



MARCH



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



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.

