



Q1 2026

New Year, New You

Click on the icons and links below to explore resources and distribute communications to your employees.



January, 2026



Noom: Year 2! Employee Communications

Distribute these materials as you promote 2026 wellness initiatives:

- [Program Overview Video with Member Testimonials](#)
- [Informational Flyer / FAQ Document](#)



February 5, 2026

Virtual Well-being Summit for HR Administrators

Register by 1/30. HR Administrators will learn about wellness trends, build multi-year wellness strategies, and leverage point solutions to drive measurable outcomes.

new!



February 9 - 12, 2026

Virtual Employee “Live Well, Work Well” Week

The platform will offer live webinars to help employees achieve work/life balance, physical and mental wellbeing, and healthy eating practices. Employees must register for webinars within the portal.