



Q3 2025

Preventive Health

A healthier workplace starts with prevention

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



WellWorks for You PCP Form Campaign

Implement this customizable campaign, featuring the [Know Your Numbers Health Assessment](#).



Take Charge, Be Well Challenge

Implement this 4-week challenge to help promote healthy habits and slow the rise of chronic diseases among your employees.



Preventive Care Plans & Guidelines

Explore age and gender specific guidelines to help your employees navigate their recommended preventive screenings.



Flyers & Videos

Access preventive care flyers and short videos you may share with your employees.

Helpful Tips:

1. **Keep it simple.** These materials are meant to help you to manage your quarterly wellbeing strategy. **Pick & choose what works!**
2. **Spread it out.** Materials may be distributed to employees on a timeline of your choice.
3. **Keep it fun.** Employees want to enjoy being healthy. So, present this program as a positive, helpful experience, not a mandatory requirement. You want everybody to keep a healthy attitude!

