

August 2024 materials are now available.

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# Take action with these helpful tools

## August

Back to healthy  
lifestyle basics



## What you can do:

- Share the attached *It Pays to Be Well* monthly newsletter with your co-workers.
- Remind co-workers to visit the updated MoDOT/MSHP [Total Wellness website](#).



## The 3 Es — engage, educate, and encourage

### Engage

- Wondr health class: Beginning August 19, members can enroll in the next Wondr health class, which starts September 9.
- Back to School, Back to You Bingo: This month we're playing bingo with a focus on how to know basic health risks through completing health assessments, cancer screenings, and prevention.

### Educate

- We're using Back to School, Back to You Bingo to help educate and remind Anthem-enrolled employees of the programs they have access to through Anthem.
- Let co-workers know they can now complete their annual physicals virtually, through [LiveHealth Online](#).

### Encourage

Encourage your co-workers to register for LiveHealth Online when it's convenient, so they're ready when they need care quickly.

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## Next month: September highlights immunizations

The next newsletter and toolkit will feature information on immunizations, Well-being Coaching, and action plans.



## Mark your calendar

### For your co-workers:

**August 5** — Back to School, Back to You Bingo begins.

- Bingo runs August 5 through August 30.
- Completed bingo card due by September 4 at 4 p.m. CT.
- MoDOT – Send completed cards to [lisa.buhr@modot.mo.gov](mailto:lisa.buhr@modot.mo.gov).
- MSHP – Send completed cards to [audrey.yates@mshp.dps.mo.gov](mailto:audrey.yates@mshp.dps.mo.gov).

**August 19** — The next Wondr class begins September 9. Registration is open from August 19 through September 1. Encourage Anthem-enrolled workers to go to <https://enroll.wondrhealth.com/modot-mshp> to enroll.

### For you:

**August 13** — Wellness Champion meeting.