







# 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 <u>Total Wellness website</u>.



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

#### **Engage**

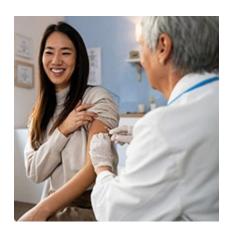
- Wondr health class: Beginning August 19, members can enroll in the next Wondr health class, which starts September 9.
- Back to School, Back to You Bingo: This month we're
  playing bingo with a focus on how to know basic health
  risks through completing health assessments, cancer
  screenings, and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

#### **Encourage**

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



## 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.
- MSHP Send completed cards to 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 <a href="https://enroll.wondrhealth.com/modot-mshp">https://enroll.wondrhealth.com/modot-mshp</a> to enroll.

For you:

August 13 — Wellness Champion meeting.