

January 2025 materials are now available.



Take action with these helpful tools



January

A fresh start



#### What you can do:

- Share the attached *It Pays to Be Well* monthly newsletter with your co-workers.
- Plan, complete, and submit your mini-grant application.
- Encourage co-workers to complete the My Health Check-in health assessment through the [Sydney<sup>SM</sup> Health app](#).



**This month's 3 Es —  
engage, educate, and encourage**

**Engage:**

Employees will receive a mailer this month with information about their Anthem Blue Cross and Blue Shield health and wellness benefits for 2025.

**Educate:**

We're hosting the "[Get to Know Your 2025 Health and Wellness Benefits](#)" webinar on January 22, 12–12:45 p.m. CT. [Employees can register here](#). The presentation will be recorded and sent to everyone who registers.

**Encourage:**

- Let co-workers know they can [sign up for the first Wondr Health class of 2025](#). Enrollment for this digital weight-loss program is open February 3–17. Classes begin February 24.
  - Remind co-workers that 2024 It Pays to Be Well rewards must be redeemed by March 31 or they will expire.
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### Next month: February focuses on proactive prevention

In our next newsletter and toolkit, we will continue to encourage employees to complete their health risk assessments, annual preventive visits, and wellness screenings. In addition, we'll discuss how employees can earn gift cards and other rewards by completing the 2025 It Pays to Be Well challenges.

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### Mark your calendar

#### For your co-workers:

- **January 22** — [“Get to Know Your 2025 Health and Wellness Benefits” webinar, 12–12:45 p.m. Register here.](#)
- **February 3–17** — Registration for the first Wondr Health class of the year.
- **February 24** — First Wondr Health class.
- **March 31** — Deadline for redeeming all 2024 It Pays to Be Well rewards before they expire.

#### For you:

- **January 15** — Attend annual Wellness Champion training:
  - For new Wellness Champions: 11 a.m.–1 p.m., in-person training in the Blue conference room at 830 MoDOT Drive, Jefferson City, Missouri 65109
  - [For veteran Wellness Champions: 12–1 p.m., virtual training](#)

- **April 15** — Quarterly Wellness Champion meeting, 1 p.m.
- **July 15** — Quarterly Wellness Champion meeting, 1 p.m.
- **November 18** — Quarterly Wellness Champion meeting, 1 p.m.

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[Please contact Sara Correnti if you're missing links or have questions.](#)



#### **Language Access Services (TTY/TDD: 711)**

##### [ALTERNATE LANGUAGES](#)

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