



Take action with these helpful tools

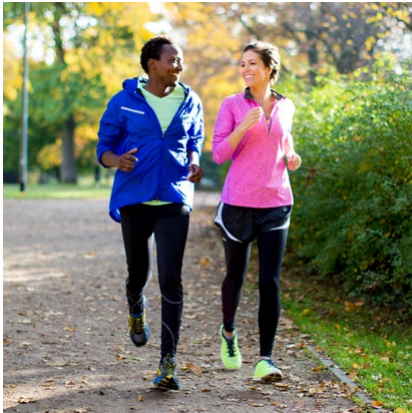
May

Healthy activities and education
are available



What you can do:

- Share the attached **It Pays to Be Well** newsletter with your co-workers.
 - Remind co-workers to visit our [Total Health & Wellness](#) site.
 - Encourage your co-workers to register for May's Walker Tracker Challenge.
-

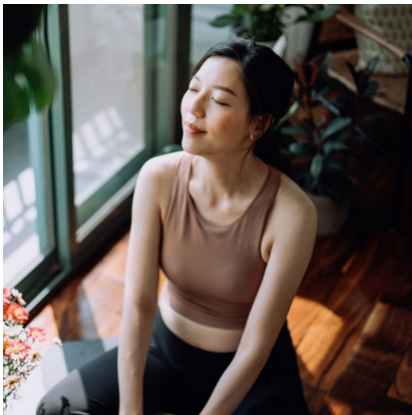


This month's 3 Es — engage, educate, and encourage

MoDOT/MSHP workers can **engage** in May's Walker Tracker Challenge: Moving for Mental Health.

We're **educating** Anthem-enrolled co-workers on programs and learning resources they have available to manage their mental health.

We're also **encouraging** enrollment in our May Walker Tracker Challenge, Moving for Mental Health, **May 13 through May 26**.



Next month: June is National Cancer Survivor Month

The next newsletter will arrive in June and feature information about cancer care and chronic conditions.



Mark your calendar

For your co-workers:

May 13 through May 26 — Moving for Mental Health,
our new Walker Tracker Challenge.

For you:

May 3- Health & Wellness surveys are due to Sara.
May 14 — Wellness Champion meeting.

