

# Stress and resilience training

Healthier  
bodies, happier  
employees



We're excited that you've decided to run a wellness campaign at your workplace. You can find everything you need for a great campaign at [modahealth.com/employers/wellatwork](http://modahealth.com/employers/wellatwork). Here are some tips for how to make the most of these materials.

## Email template

Send an email to employees at the beginning of the week to kick off your campaign. You could also send this email once more during the campaign to remind employees to check it out.

## Table tents

Just print, fold and tape these table tents. Put them in popular gathering areas – like at lunch tables or around the water cooler – where people will see them. Place the table tents as soon as you send your first campaign email.

## Posters

Print these posters and hang them in areas your employees pass by often. Bathroom doors and kitchen or break room walls are great places. Hang your posters when you distribute the table tents.

## Flyers

Print and distribute these flyers to give employees more information about your wellness campaign, along with healthy tips. Set them on break room tables or place them in your employees' mailboxes. You could distribute these at the beginning of your campaign, or wait until the middle to give your efforts an extra boost.

Think about the timing of your campaign. You could use the National Wellness Institute's Health & Wellness Observances, along with what you know about your company and employees, to decide when to launch your campaign. We recommend running the campaign for 4 to 6 weeks at a time.

**We invite you to schedule a wellness consultation at any time!** Just ask your Moda Health representative to put you in touch.

