

Generali Employee Benefits - 2022 Wellbeing Calendar (example)

JANUARY



After the holidays, help employees get a healthy start to the year by improving **Digestive Health**.

[Animation](#)
[Infographic](#)
[Email campaign](#)

FEBRUARY

STRESS

Celebrate Heart Health month with **Stress Management** for a healthy heart.

[Animation](#)
[Discussion guide](#)
[Topic flyer](#)

MARCH



It's the rainy season in many countries; help your employees protect themselves against **Dengue Fever**.

[Animation](#)
[Infographic](#)
[Email campaign](#)

APRIL



FOR EMPLOYERS

Improve workplace **Mental Health & Safety**

[Demo the audit tool](#)
Learn about new workplace guidelines

MAY



In recognition of World No Tobacco Day, help employees improve their **Respiratory Health**.

[Animation](#)
[Infographic](#)
[Email campaign](#)

JUNE



In recognition of World Food Safety day, help employees prevent **Nausea and Diarrhoea**.

[Animation](#)
[Infographic](#)
[Email campaign](#)

JULY

POOR DECISIONS SLOW RESPONSE IMPAIRED MEMORY

This month, raise awareness among employees about the importance of **Sleep Health**.

[Animation](#)
[Discussion guide](#)
[Topic flyer](#)

AUGUST



Help employees learn about the dangers of **Antibiotic Overuse**.

[Animation](#)
[Infographic](#)
[Email campaign](#)


SEPTEMBER



Help raise awareness of **Depression** in conjunction with World Suicide Prevention day.

[Animation](#)
[Discussion guide](#)
[Topic flyer](#)


OCTOBER



How to improve **Mental Health**

[Animation](#)
[Discussion guide](#)
[Topic flyer](#)

NOVEMBER



Raise awareness of **Anxiety and Panic Disorders** and how to manage stress.

[Animation](#)
[Discussion guide](#)
[Topic flyer](#)

DECEMBER



Help employees understand how to avoid and manage **Colds and Flu**.

[Animation](#)
[Infographic](#)
[Email campaign](#)