

# Generali Employee Benefits - 2023 Wellbeing Calendar

please find all available multilingual Health Kits on [geb.com](https://www.geb.com)

### JANUARY



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

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

### FEBRUARY



Educate your employees about common **Lifestyle Diseases** during Heart Health month.

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

### MARCH



**FOR EMPLOYERS**  
Improve workplace **Mental Health & Safety** in recognition of the World Day for Safety & Health at work.

[Demo the audit tool](#)  
[Sign-up for a Mental Health Strategy Workshop](#)


### APRIL



In recognition of World IBS Awareness Day, help educate employees about **IBS/Irritable Bowel Syndrome**.

*Coming soon*

### MAY



In recognition of World Hypertension Day, help educate employees about **Monitoring their vital signs**.

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

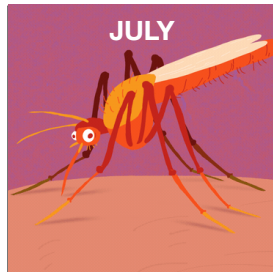
### JUNE



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

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

### JULY



Help your employees protect themselves against **Dengue Fever** during Infectious Disease Awareness month.

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

### AUGUST



Help support informed decisions about **Pregnancy and Delivery** as we celebrate women this month during World Breastfeeding Week.

[Infographic](#)  
[Natural birth vs C-section](#)  
[Email campaign](#)

### SEPTEMBER



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

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

### OCTOBER



A sedentary lifestyle & incorrect posture can harm our backs. Help your employees look after their **Musculoskeletal Health** during World Spine Day.

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


### NOVEMBER



Help employees learn about the dangers of **Antibiotic Overuse** during World Antimicrobial Awareness month.

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

### DECEMBER



With many countries entering winter this month, help employees understand how to prevent and manage **Colds and Flu**.

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