Generali Employee Benefits - 2021 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

EXERCISE GOOD SLEEP NON SMOKER HEALTHY DIET LESS ALCOHOL

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 Flus**.

Animation
Infographic
Email campaign