



# 2024 Action plan calendar

## A year at a glance

Your Medica plan may not include all of these programs. Select the topics and resources available to your employees. Visit [Medica.com/WellnessToolkit](https://www.Medica.com/WellnessToolkit) to find these and additional resources to share with your employees, including wellness newsletters, member fliers, and My Health Rewards challenges communications.

MONTH	TOPIC(S)	RESOURCE(S)
January	Importance of a wellness goal	My Health Rewards by Medica®
February	American Heart Month	My Health Rewards: Connect a fitness tracker, Get Moving Journeys® Life Time® Digital fitness program Omada®
March	National Nutrition Month	My Health Rewards: Nutrition Guide, Eat Fit Go, Foodsmart by Zipongo, Monj
April	Importance of sleep	My Health Rewards: Sleep Guide
May	Mental Health Awareness Month	Medica's behavioral health resources Live and Work Well Self Care by AbleTo Amwell Ovia
June	Men's Health Month	My Health Rewards: My Care Checklist Omada
July	Summer healthy eating	My Health Rewards: Nutrition Guide, Foodsmart, Monj
August	Financial fitness	Live and Work Well My Health Rewards: Managing my Finances Journeys
September	Virtual care	Amwell Virtuwell®
October	Breast Cancer Awareness Month/Importance of preventive screenings	My Health Rewards: My Care Checklist Ovia
November	Diabetes Awareness Month	My Health Rewards: Diabetes-related Journeys Omada
December	Healthy holidays	Medica's behavioral health resources Live and Work Well Self Care by AbleTo Amwell Ovia