



WELLNESS

Inspire • Support • Achieve

MONTHLY HEALTH AND WELLNESS TOPICS for City of San José Employees

2009

These topics will be promoted by the health plan vendors to their covered populations.

Where appropriate, national campaign recognition has also been included.

Month	Health Topic	Plan
January	Healthy Lifestyle Rewards promotion	Blue Shield
	Stress Management	Blue Shield
	HealthWorks Rewards	Kaiser
February	Heart Health*	Blue Shield
	Heart Health*	Kaiser
	*National Heart Health Month - American Heart Association	National
March	Nutrition*	Blue Shield
	Adult & Teen Depression	Kaiser
	*National Nutrition Month - American Dietetic Association	National
April	Alcohol*	Blue Shield
	Stress	Kaiser
	*National Alcohol Awareness Month	National
May	Healthy Back	Blue Shield
	Aerobic Fitness	Kaiser
	National Bike Month	National
June	Exercise	Blue Shield
	Anaerobic/Weight Training Fitness	Kaiser
July	Sun Protection	Blue Shield
	Sun Protection	Kaiser
August	Know Your Wellness Score	Blue Shield
	Allergies	Kaiser
September	Healthy Eating	Blue Shield
	Immunizations	Kaiser
	Fruit and Veggies - More Matters™ Month	National
October	Walking	Blue Shield
	Smoking Cessation	Kaiser
	Healthy Lung Month - American Lung Association	National
November	Stop Smoking*	Blue Shield
	Diabetes Management	Kaiser
	*Great American Smoke-Out 11/19/09	National
	American Diabetes Month - American Diabetes Assn	National
December	Healthy Holidays	Blue Shield
	Nutrition	Kaiser