



Wellness **AtoZ**

Live**WELL**

PROVIDES RESOURCES TO PROMOTE EMPLOYEE WELLNESS

IMPLEMENTATION GUIDELINES

LiveWell is a monthly, modular communication aimed to promote employee wellness, which enriches both quality of life and quality of workplace. LiveWell provides monthly themed content to engage employees, each including a piece on preventive health, nutrition, activity, community and a real life story about how Wellness AtoZ is impacting local people. LiveWell can be found at WellnessAtoZ.org/LiveWell.

LiveWell Calendar

MONTH	INITIATIVE
July	Summer Wellness
August	Back to School Wellness
September	Family Wellness
October	Oral Health
November	Giving Thanks Wellness
December	Sustainable Wellness
January	Financial Wellness
February	Heart Wellness
March	Social Wellness
April	Spring Awakening Wellness
May	Mental Wellness
June	On the Go Wellness

Implementing LiveWell

- Send monthly themed communications to your employees promoting health and fitness at least four times per year. Materials are available at WellnessAtoZ.org/LiveWell.

Ways to Communicate LiveWell

As a Wellness AtoZ Employer, we invite you to customize and co-brand LiveWell materials and promote to all Arizona employees in one or more of the following ways:

- Forward LiveWell digital newsletter that will be sent out at the end of the prior month or
- Direct employees to LiveWell online content using the LiveWell banner or
- Browse the LiveWell online Library and communicate any or all modular LiveWell components via your company intranet

Monthly online content contains the following modular, themed components: EatWell, LiveWell, PlayWell, WorkWell and WellCommunity.

