

## Quarter 1 Planning Calendar (PEBB)

January	February	March
<p>*Use all year</p> <p><b>SmartHealth</b></p> <ul style="list-style-type: none"> <li>WBA toolkit* <a href="#">Flyer</a>, <a href="#">Article</a>, <a href="#">Message</a></li> <li>2023 SmartHealth <a href="#">Flyer</a>*</li> <li>Support for your well-being in 2023 <a href="#">Message</a></li> </ul> <p><b>Living Tobacco Free</b></p> <ul style="list-style-type: none"> <li>Every try counts <a href="#">message</a>*</li> </ul> <p><b>Diabetes Prevention Program</b></p> <ul style="list-style-type: none"> <li>Omada <a href="#">flyer</a></li> </ul> <p><i>We will notify you when new <a href="#">materials</a> to promote DPP are available.</i></p> <p><b>Zo8 award</b></p> <ul style="list-style-type: none"> <li>Roadmaps are due <b>2/15</b>.</li> <li>Complete Roadmap and <b>apply for <a href="#">Zo8 award</a></b>.</li> </ul> <p><b>Apply for a Healthy Worksite Summit scholarship.</b></p> <ul style="list-style-type: none"> <li><a href="#">Contact</a> your health promotion consultant.</li> </ul>	<p>*Use all year</p> <p><b>SmartHealth</b></p> <ul style="list-style-type: none"> <li>WBA toolkit* <a href="#">Flyer</a>, <a href="#">Article</a>, <a href="#">Message</a></li> <li>2023 SmartHealth <a href="#">Flyer</a>*</li> <li>Support for your well-being in 2023 <a href="#">Message</a></li> </ul> <p><b>Living Tobacco Free</b></p> <ul style="list-style-type: none"> <li>Every try counts <a href="#">message</a>*</li> </ul> <p><b>Diabetes Prevention Program</b></p> <ul style="list-style-type: none"> <li>Omada <a href="#">materials</a></li> </ul> <p><b>Zo8 award</b></p> <ul style="list-style-type: none"> <li>Roadmaps are due <b>2/15</b>.</li> <li>Complete Roadmap and <b>apply for <a href="#">Zo8 award</a></b>.</li> </ul> <p><b>Apply for a Healthy Worksite Summit scholarship.</b></p> <ul style="list-style-type: none"> <li><a href="#">Contact</a> your health promotion consultant.</li> </ul>	<p>*Use all year</p> <p><b>SmartHealth</b></p> <ul style="list-style-type: none"> <li>WBA toolkit* <a href="#">Flyer</a>, <a href="#">Article</a>, <a href="#">Message</a></li> <li>2023 SmartHealth <a href="#">Flyer</a>*</li> </ul> <p><b>Living Tobacco Free</b></p> <ul style="list-style-type: none"> <li>Every try counts <a href="#">message</a>*</li> </ul> <p><b>Diabetes Prevention Program</b></p> <ul style="list-style-type: none"> <li>Omada <a href="#">materials</a></li> </ul> <p><b>Healthy Worksite Summit and Zo8 award ceremony</b> March 29-30 <a href="#">Healthy Worksite Summit</a>, Lynnwood</p>
<p><b>Materials to promote wellness benefits</b></p> <ul style="list-style-type: none"> <li><a href="#">SmartHealth</a></li> <li><a href="#">Diabetes Prevention Program</a></li> <li><a href="#">Living Tobacco Free Program</a></li> </ul> <p><b>Other resources for wellness coordinators</b></p> <ul style="list-style-type: none"> <li><a href="#">Meetings and Materials</a> (Training registration, presentations, and resources).</li> <li><a href="#">Washington Wellness Program Training Modules</a></li> <li><a href="#">Accessing SmartHealth guide</a></li> <li><a href="#">Basic steps to log on to SmartHealth</a></li> </ul> <p><b>Where employees can learn more</b></p> <ul style="list-style-type: none"> <li><a href="#">SmartHealth</a> <ul style="list-style-type: none"> <li><a href="#">Overview video</a></li> <li><a href="#">Success Stories video</a></li> </ul> </li> <li><a href="#">Diabetes Prevention Program</a></li> <li><a href="#">Living Tobacco Free Program</a></li> </ul> <div data-bbox="984 1577 1468 1787" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Contact <a href="#">Washington Wellness</a> or your Health Promotion Consultant for support building, sustaining, or enhancing your workplace wellness program.</p> </div>		