



# Health and wellness education for employees

There are many reasons to offer health and wellness educational events for your employees. First, onsite education highlights the importance of the group's wellness program and contributes to the culture of health. In addition, these sessions are an opportunity to build individual knowledge and skills.

By offering introductory educational sessions, you will establish a starting place to engage your employees in a positive message about why health and wellness is important, the resources available to them through Blue Cross and Blue Shield and some strategies for using health insurance wisely.

Attendance at these sessions should be required for all employees and can be provided by Blue Cross staff. You can also offer sessions provided by local experts in the health and wellness field. Scheduling will be the responsibility of the group, in collaboration with Blue Cross staff. If not all staff will be able to attend in person, the group might want to videotape the sessions for replay at their convenience.

## Possible details to set up

Check with presenter for needs:

- Length of sessions: 30–45 minutes
- Time of day
  - Schedule sessions based on employee availability.

- Will employees be able to attend on work time? This is important if possible since it emphasizes the importance of the event.
- Consider hosting a “Lunch and Learn”. Provide a health lunch or snack, or ask employees to bring their own brown bag meal.

- **Facilities needed:** Conference or classroom-type setting with space for tables, chairs.
- **Equipment preferred:** Projector and laptop onsite with internet access.
- A great topic for a first session:
  - “Why” health and wellness
  - “Why” health and wellness at work
  - Blue Cross wellness resources
  - Blue Cross website tour
  - Strategies for smart use of health insurance

## Topics to consider offering

Blue Cross health education staff are available for a variety of health and wellness education events. These can be scheduled through the BeWell staff. The list of topics is can be found at: <https://www.bcbsks.com/CustomerService/Employers/tools.shtml>

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