

September 2024 Newsletter



Food for Thought:

Together Tuesdays

Busy schedules, tight deadlines, and heavy workload are a few of the reasons why many employees spend their lunch hour tied to their desk. Too much of this can have negative effects not only on mental and physical health but also work performance.

Encourage your employees to recharge, unplug, and reduce stress with Together Tuesdays™. In simple terms, it's about getting together once a week for good conversation and connection — over a nutritious lunch, coffee, or your favorite smoothie.

All the resources you need to get Together Tuesdays on the calendar are right here.

START HERE



We are excited to announce that the American Stroke Association, a division of the American Heart Association, has launched a new Spanish-language website for stroke prevention and recovery. This vital resource provides comprehensive information on recognizing stroke warning signs and prevention and offers critical stroke education and resources for stroke survivors and caregivers. As part of our commitment to supporting health care solutions for our Hispanic-Latino employees and their families, we are proud to help amplify this important resource during Hispanic Heritage Month.

LEARN MORE

Eye-opening Insights



82% of employees reported that they feel burnout some of the time



25% report feeling burnout often or always



SAVE THE DATE

Stress and burnout in the workplace are serious and ongoing health issues, which is why we've developed science-backed promising practices to reduce burnout. Among the organizations that implemented them all, 91% of employees reported positive workplace well-being. Make it a point to show you genuinely care.

PREVENT BURNOUT



IMPORTANT REMINDER

Fall Scorecard Deadline

If you haven't completed your Scorecard, now's the time to make it a priority. Here's a helpful tip: set specific progress goals each week from now until the end of October. This will get you to the finish line without all that last-minute stress.

COMPLETE THE SCORECARD

