



Individual, Large Group, Small Group | CO, CT, GA, IN, KY, ME, MO, NV, NH, OH, VA, WI

Support your clients' overall health with Time Well Spent

February 25, 2022

You can offer health and wellness information to your clients with **Time Well Spent** (<https://timewellspent.anthem.com/employer-planning/2022-wellness-calendar>). This new online resource has relevant monthly topics to encourage, inspire, and motivate clients and their employees to develop healthy habits.

Each month highlights health topics that follow national health observances or have been chosen to inspire helpful behavior based on data insights. Topics include mental health, diabetes, heart health, and prevention. The information is available in a variety of formats, including fliers, podcasts, videos, and posters.

Your clients can share these items with their employees through email, newsletters, or intranet posts. Many can also be printed and placed in high-traffic areas.