

2019 Monthly Health Management Resources

<p>JANUARY</p>	<p>FEBRUARY</p>	<p>MARCH</p>
<p>Women's Health <i>WellConnected Newsletter</i> 4 Screenings for Women's Health Women's Health: Preventive Screenings Part 1 Women's Health: Preventive Screenings Part 2</p>	<p>Heart Health <i>WellConnected Newsletter</i> Cholesterol and Your Heart Health Daily Aspirin Therapy for Heart Health Heart Disease</p>	<p>Telemedicine <i>WellConnected Newsletter</i> Get to Know Telemedicine Infographic Telemedicine Basics Telemedicine</p>
<p>APRIL</p>	<p>MAY</p>	<p>JUNE</p>
<p>Food Groups <i>WellConnected Newsletter</i> Fruit and Vegetable Basics Managing Weight with Fruits and Vegetables Protein Poster Veg Out Poster</p>	<p>Office Fitness <i>WellConnected Newsletter</i> 5 Stretches You Can Do at Your Desk 6 Ways to Get Up and Sit Less One Minute Office Work Out</p>	<p>Children's Health <i>WellConnected Newsletter</i> Children's Health: Allergies Children's Health: Obesity Children's Health: Picky Eaters</p>
<p>JULY</p>	<p>AUGUST</p>	<p>SEPTEMBER</p>
<p>Mental Health <i>WellConnected Newsletter</i> Mental Health: SAD Mental Health: Suicide Telemental Health</p>	<p>Diabetes <i>WellConnected Newsletter</i> 6 Tips Posters Diabetes: Type 1 Diabetes: Type 2</p>	<p>Sleep <i>WellConnected Newsletter</i> Get a Better Night's Sleep Get a Good Night's Sleep with Food The Importance of Sleep</p>
<p>OCTOBER</p>	<p>NOVEMBER</p>	<p>DECEMBER</p>
<p>Oral Health <i>WellConnected Newsletter</i> Dental Benefits Poster Dental Care Oral Health and Wellness Dental Care Visiting the Dentist</p>	<p>Financial Wellness <i>WellConnected Newsletter</i> Coping with Financial Crises Managing for a Lifetime of Financial Growth Saving when you are Nearing Retirement Age</p>	<p>Medical Adherence <i>WellConnected Newsletter</i> Following the Doctor's Orders Medical Adherence Reduce Medical Mistakes</p>