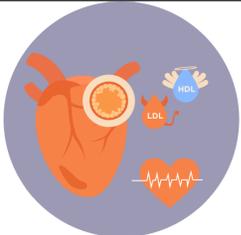


APRIL 2021 WHOLENESS CALENDAR

WORK TOWARDS WHOLENESS WITH CALL TO HEALTH CHALLENGES!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1. The pandemic has had an impact on our work-life balance. Set boundaries at work to find the right balance. #RemoteWork	2. Make an appointment to see your vision-care provider to check your eye health. Your eye doctor can be a great resource for concerns.	3. Participate in Call to Health activities with your spouse, family, or friends. #PlayTogether
4. Forgiveness is about letting go of painful feelings and moving forward. And doing so is incredibly beneficial .	5. Register yourself and your covered family members for Teladoc , a telemedicine option available 24/7.	6. Need more information on how Call to Health works? Watch the How to Complete Call to Health video to learn more.	7. Moderation is key to many facets of life. Learn how technology creeps into our well-being and affects your well-being.	8. Visit your primary care physician for a #preventive checkup every other year if you're under 50; it's a Call to Health requirement .	9. Visit your primary care physician for a #preventive checkup every year if you're over 50; it's a Call to Health requirement .	10. Are you ready to dust off your walking shoes? Work on achieving 10,000 steps a day . #TightenUpYourLaces
11. Gain clarity on your financial life, a topic that affects not just our pocketbooks, but also our relationships, health, and stress levels.	12. Practice #mindfulness , making it a part of your daily routines, while you're at work or outside of work . #PeaceOfMind	13. Use #resilience and share a post on the Call to Health Social Feed about a time you overcame a challenge.	14. Take the Well-Being Assessment and learn more about yourself in six life areas . It only takes 10-20 minutes! #WBA	15. Think of ways you can be more present and aware of the moment, without letting your mind wander or becoming worried.	16. Board University seminars are open to plan members and their spouses free of charge. Try to attend one .	17. Stick to a sleep routine by going to bed and waking up at the same time at least three days a week. #GoodHabits
18. Go outside the box at least one day a week and worship in a way that's new or different for you.	19. To elevate your well-being, it's important to follow your doctor's recommendations. #HealthyDecisions	20. Whether you want to quit smoking or start exercising, learn how #change works and how to change for good .	21. Not sure how a copay is different from a coinsurance? Watch Understanding Medical Plan Terms to learn more.	22. Whether conservation, cleanup, or local wildlife habitats, there are plenty of ways to show you care about the environment .	23. Want to find your perfect fit and reach your nutrition goals? Find a nutritional counselor and make a visit.	24. Set up and contribute to a retirement plan , or if you stopped participating, start again! #RSP
25. Lean on your faith during these trying times and read a bible passage that demonstrates resilience.	26. Gain valuable knowledge about yourself and the benefits of an active lifestyle . Change your thinking about healthy choices .	27. Capture your memories of the past year and save them for future generations. #PassingDown	28. Develop positive habits and approach life from a place of acceptance and empowerment by joining Body Image Beautiful .	29. If you experience frequent or chronic back pain , it's a smart idea to keep track of the details.	30. Find creative ways to stay connected while remaining apart during social distancing. #COVID	