

Wellness NEWS

2025 – Q2

UPCOMING WEBINAR!

Social Wellbeing

When: Thursday, July 17

Time: 12:30 PM CT

Where: [Register](#) and join live via Webex and earn **50 Vitality points**! Note, a recording will not be made available.

What: Social bonds are a foundation of humanity and an integral part of wellbeing. In fact, a strong social network is associated with overall health and longevity!

Join Coach Pam to learn more about ways to improve your social wellbeing and activate your social network.

Pam is certified in Mental Health First Aid and is an instructor for the certification course. Throughout the course, Pam encourages social wellbeing as an important part of self-care.

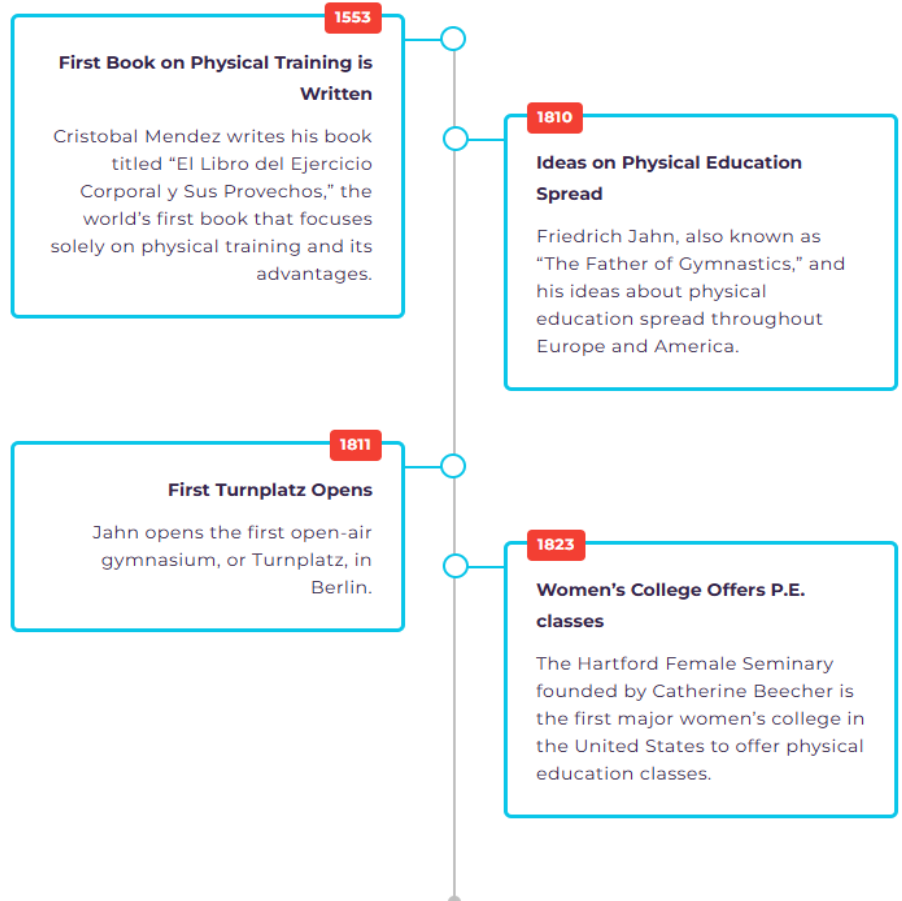
NATIONAL EMPLOYEE HEALTH & FITNESS DAY

May 21 is observed as National Employee Health & Fitness Day!

It was established to raise awareness of the health benefits of physical activity through company-sponsored activities. It serves as a reminder about the benefits of regular physical activity.

Observe this day by committing to prioritize moving more!

NATIONAL EMPLOYEE HEALTH AND FITNESS DAY TIMELINE





WKU 2025 Employee Wellness Program Reminders

- If you and your covered spouse/partner, if applicable, are enrolled in health benefits effective 1/1/2025, each is required to have completed the Vitality Health Review (VHR) by 12/20/2024 and **earn a minimum of 5,000 Vitality points by 9/1/2025.**
- New hires and covered spouses/partners, if applicable, who enrolled in health benefits after open enrollment with benefits effective after 1/1/2025 through 5/31/2025, are required to complete the *Vitality Health Review* (online health assessment) by **9/1/2025** to fulfill your pledge.

Make time for you!



May is Mental Health Awareness Month, the perfect time to prioritize your mental wellbeing! Just as we care for our physical health, it's essential to nurture our mental health, too. In the hustle of daily life, it's easy to forget the importance of self-care. Whether it's a quiet walk, reading, or simply taking a deep breath – carving out moments for yourself can help reduce and boost your mood.

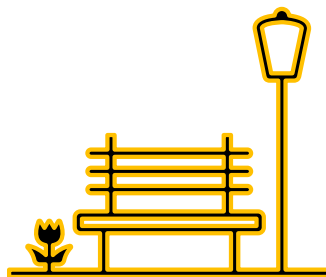
Use this month as a reminder to focus on your mental wellbeing and encourage others to do the same. Try the below uplifts this month to boost your mood!

- Relaxation activities
- Music (listening, singing, playing an instrument)
- Reading
- Spending time in nature
- Going to a movie or play
- Learning something or trying a new hobby
- Cooking
- Being physically active
- Spending time with a loved one or pet



Trek to Wellness!

Tune into mindfulness and fitness in the great outdoors!



Did you know that spending as little as **2 hours a week in nature** can significantly improve your happiness and overall health? The benefits of spending time in nature are seemingly endless - it can reduce stress and symptoms of depression while increasing immunity, cognitive function and feelings of connectedness, and of course it's a fun place to be active!



REGISTRATION DATES

Now through Tuesday, June 10

CHALLENGE DATES

Monday, June 2 – Tuesday, July 8



CHALLENGE GOAL

Complete 4 of the 5 qualifying activities by July 8.



PRIZES

Earn **200** bonus Vitality points.

Are you ready to get outside and enjoy nature? Join the **Trek to Wellness** challenge to tune into mindfulness and physical movement outdoors {or indoors if you choose}! Push yourself to get outside as many days of the challenge as possible to enjoy the great outdoors while exercising, watching a webcast or completing a goal checking in.

Complete all 4 of the qualifying activities by the end of the challenge to earn 200 bonus points:

- Log at least 15 light, standard or advanced workouts
- 4 Goal check-ins
- 1 Health FYI webcast
- 1 Health coaching enrollment

