

First in **Benefits Relief.**™

Follow these steps to help run successful wellness campaigns

## JANUARY 2010 — My Weight Solution

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTIONAL GROUP PROGRAMMING AVAILABLE:</b> My Stress Solution  <b>OTHER PERSONALIZED PROGRAMS:</b> Healthy Pregnancy, Diabetes Management</p>				
4	<p> Launch My Weight Solution campaign &amp; materials (posters &amp; e-postcards available on RHealthCommunity.com)   Employees begin registration process</p>			
11	<p> Send registration reminder (e-postcard)</p>			
18	<p> My Weight Solution tracking begins</p>			
25				

## FEBRUARY 2010 — My Weight Solution

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p> Post fresh communication materials (Order "reminder to stick with it" postcards from Relph Benefit Advisors)</p>			
8	<div style="border: 2px solid purple; padding: 10px; background-color: #f0f0f0;"> <h3 style="text-align: center; color: purple;">Tesia's TIPS</h3> <p><b>Suggestions for onsite programs:</b>            Group support classes such as Weight Watchers            Weekly weigh-ins            Healthy cooking demonstrations            Cardiovascular Health seminar</p> <p><b>Incentive Ideas:</b>            Mayo Clinic <i>Healthy Weight</i> book            Free healthy meal voucher for cafeteria or local restaurants</p> </div>			
15				
22				

## MARCH 2010 — My Weight Solution

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p><a href="http://www.rhealthcommunity.com">www.rhealthcommunity.com</a></p>			
8	<p> Last week to complete My Weight Solution program (at least 6 weeks of tracking plus completing end of program survey)</p>			
15				
22	<p> Relph Benefit Advisors reports on My Weight Solution completion results</p>			
29	<p><b>Questions? Call Tesia Woodworth, 585-248-8720 x258</b></p>			

## APRIL 2010 — Walk To Wellness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	<p><a href="http://www.rhealthcommunity.com">www.rhealthcommunity.com</a></p>			
5	<p> Walk To Wellness Campaign materials available (posters and e-postcards available on RHealthCommunity.com)</p>			
12	<p> Launch Walk To Wellness communication materials   Employees begin registration process</p>			
19	<p> Send registration reminder (e-postcard)</p>			
26	<p> Walk To Wellness registration ends</p>			


## MAY 2010 — Walk To Wellness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	<p> Walk To Wellness walking begins</p>			
10	<div style="border: 2px solid orange; padding: 10px; background-color: #f0f0f0;"> <h3 style="text-align: center; color: orange;">Tesia's TIPS</h3> <p><b>Suggestions for onsite programs:</b>            Walking Groups            Mapped routes            Sneaker-fitting clinic</p> <p><b>Incentive Ideas:</b>            Pedometers            Gift certificates to sporting goods store            Waterbottle</p> </div>			
17				
24				
31	<p>(30)  Sunday evening last day of walking</p>			


## JUNE 2010 — Walk To Wellness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1			
	7	<p> Last week to log walking activity</p>		
	14			
	21	<p> Relph Benefit Advisors reports on Walk To Wellness completion results</p>		
	28			

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## JULY 2010 — My Fitness Solution

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 <a href="http://www.rhealthcommunity.com">www.rhealthcommunity.com</a>				
5  My Fitness Solution Campaign materials available (posters & e-postcards available on RHealthCommunity.com)				
12  Launch My Fitness Solution communication materials  Employees begin registration process				
19  Send registration reminder (e-postcard)				
26  My Fitness Solution registration ends				



## AUGUST 2010 — My Fitness Solution

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>OPTIONAL GROUP PROGRAMMING AVAILABLE:</b> My Stress Solution <b>OTHER PERSONALIZED PROGRAMS:</b> Healthy Pregnancy, Diabetes Management				
9  Send "stick with it" postcard				
16 <b>Tesia's TIPS</b> <b>Suggestions for onsite programs:</b> Group exercise classes Lending library with exercise videos to borrow <b>Incentive Ideas:</b> Mayo Clinic <i>My Fitness Solution</i> book Large raffle: Bicycle Small raffle: Fitness Pack (water bottle, pedometer, exercise mat or ball)				
23				
30				



## SEPTEMBER 2010 — My Fitness Solution

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30				
6  Last week to log activity				
13				
20  Relph Benefit Advisors reports on My Fitness Solution results				
27				





## OCTOBER 2010 — My Smoke-Free Future

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 <a href="http://www.rhealthcommunity.com">www.rhealthcommunity.com</a>				
4  My Smoke-Free Future materials available (posters and e-postcards available on RHealthCommunity.com)				
11  Launch My Smoke-Free Future  Employees begin registration process				
18  Send registration reminder (e-postcard)				
25  Registration ends, quit date must be set				




## NOVEMBER 2010 — My Smoke-Free Future

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
8 				
15 TBA <i>Great American Smokeout</i>				
22  Last week to complete to receive incentive				
29				

**Questions? Call Tesia Woodworth, 585-248-8720 x258**

## DECEMBER 2010 — My Smoke-Free Future

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29				
6				
13  Relph Benefit Advisors reports on My Smoke-Free Future results				
20				
27				

