

# 2023 Work Well, Live Well<sup>SM</sup> Resources Menu

The following programs are available to all employees, regardless of insurance.

## Financial

Promote financial literacy and fiscal awareness.

### Programs

- Get Smart Financial Wellness
- Penny Counter Challenge
- Simple Savings Challenge

## Mind & Spirit

Find purpose, build a support system, and tap into creative abilities.

### Programs

- Recorded Meditation Series
- Mindfulness-Based Stress Reduction
- Gratitude Challenge
- Mindfulness Retreat Challenge
- Moving in Mindfulness
- Self-Care Bingo
- Virtual Recipe Share
- Mindful Doodling Series

## Physical

Encourage physical activity, proper nutrition, safety, and adequate sleep.

### Programs

- At-Home Workouts
- Blood Pressure Challenge
- Hydration Challenge
- Dental Hygiene Challenge
- Minutes in Motion
- Weight Management
- DASH (Dietary Approaches to Stop Hypertension) Diet Challenge
- Month in Motion
- No Gain, Maintain
- Shape Up, Measure Up
- Step It Up Walking Challenge
- Tobacco Cessation Programs
- Diabetes Webinar Series
- Heart Health Webinar Series

## Social

Support for healthy relationships and social interactions.

### Programs

- Social Well-Being Challenge
- Live Well Team Challenge
- Weight Management Team Challenge
- Coworker Connect

### Workplace Policy Guidance

- Employee Resource Groups
- Psychological Safety
- Team Sponsorship Guidelines

## Surroundings

Create environments that support well-being at home, work, and in the community.

### Programs

- Distracted Driving
- Sleep Hygiene Challenge
- Carbon Footprint Challenge

### Workplace Policy Guidance

- Eco-Friendly Workplace Tips
- Ergonomics
- Healthier Food and Vending Offerings
- Tobacco Free Workplace
- Walking Meetings
- Work-Life Balance (Flextime, Volunteer Time Off, etc.)
- Leadership Resource Toolkit

View our ongoing Living Well Program offerings at [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar).

For more information or to get started, contact your dedicated MVP Health Promotion Program Manager or email [WorkWellLiveWell@mvphealthcare.com](mailto:WorkWellLiveWell@mvphealthcare.com).

Work Well,  
Live Well<sup>SM</sup>