CALIFORNIA SCHOOLS VEBA
YOUR HEALTH, OUR PURPOSE

Health BITES

Weekly Health, Wellness, and Benefit Reminders for Your Staff

Offering benefits and resources that support employees' mental and physical health, boosts engagement, retention, and quality of life. This toolkit is designed to help you achieve that!

Inside This Toolkit:

52 Weekly Tips: Ready to copy and paste into your employee communications.
Categories: Organized for easy use throughout the year.

- **Open Enrollment Prep:** Reminders for the weeks leading up to Open Enrollment.
- **Open Enrollment:** Tips for evaluating plan options and making selections.
- **End of Open Enrollment:** Final reminders for plan selections and end-of-year health plan considerations.
- **Physical Health:** Prompts to help your members maintain and support overall health and well-being.
- **Mental Health:** Tips and resources to help your members improve focus and reduce stress.

Use these tips to keep health and wellness top of mind for your employees, introduce California Schools VEBA (CalVEBA) resources, and guide employees through Open Enrollment.

Track Your Progress:

☑ Use the checkboxes to mark off the tips you've shared.

Questions? Contact your CalVEBA Account Manager.

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Copy and paste the text from these prompts into your employee communications.

Open Enrollment Prep

Shared

Before Open Enrollment begins, it's important to consider your healthcare experience on your current plan.

Do you like your doctors? Are you able to access care when/how you need it? Are your specialists covered? It's important to review your options every year. There may be a plan that better fits your budget and care needs.

Questions about your plan options?
Contact your Benefits Administrator.

Open Enrollment Prep

Shared

Before Open Enrollment begins, it's important to consider the network quality of your current health plan. How does your medical group perform according to defined quality standards? How do they perform in specific areas you/your family may need, such as diabetes or cardiovascular care?

It's important to review your options every year. There may be a plan option that better fits your care needs.

Questions about your current plan?
Contact your Benefits Administrator.

Open Enrollment Prep

Shared

Be sure to quickly review your current health plan information before Open Enrollment begins.

It's important to familiarize yourself with your existing benefits ahead of Open Enrollment to be fully equipped to evaluate your available plan options.

Questions about your plan options?
Contact your Benefits Administrator.

Open Enrollment Prep

Open Enrollment

Shared

Open Enrollment is here! Did you know? It's important to evaluate your plan options every year, even if you like your plan. Coverage and costs can change annually - there may be an alternate plan option that better fits your needs and budget.

Questions about your plan options?
Contact your Benefits Administrator.

Open Enrollment

Shared

It's Open Enrollment! Here's something to consider about plan networks: What providers are available in each plan? Do you have/need out-of-network benefits?

Questions about your plan options?
Contact your Benefits Administrator.

Open Enrollment

Shared

When you're evaluating health plans, be sure to review both the premium (cost that comes out of your paycheck), as well as what you will spend when you use care. If a premium is low, but the amount listed on a plan's out-of-pocket maximum/deductible are higher, it's possible you could spend more over time.

Questions about your plan options?
Contact your Benefits Administrator.

Open Enrollment

Shared

Have you had major life changes since last year's Open Enrollment? Consider comparing plans to make sure you pick the one that's right for you and your family's current needs.

Questions about your plan options?
Contact your Benefits Administrator.

Open Enrollment

Shared

It's Open Enrollment! Remember, your vision and dental health are important to your overall health. Review your plan options to ensure they're covered in the year ahead.

Questions about your plan options?
Contact your Benefits Administrator.

Open Enrollment

End of Open Enrollment

Shared

Need to talk through your plan options before you make your selection? There's still time!

Your Benefits Administrator is a great resource.

Questions about your plan options?
Contact your Benefits Administrator.

End of Open Enrollment

Shared

Health plan costs and coverage may change every year. Even if you like your current plan, it's good to review your options to ensure your plan fits your care needs and budget.

Questions about your plan options?
Contact your Benefits Administrator.

End of Open Enrollment

Shared

Open Enrollment is coming to a close. Be sure to make your plan selections. Don't know where to start? Your Benefits Administrator can help you evaluate your options so you can feel confident that your care needs will be met in the coming year.

Questions about your plan options?
Contact your Benefits Administrator.

End of Open Enrollment

Shared

Open Enrollment is ending soon, but there's still time! Selecting a health plan that works for your needs and budget is one of the most important decisions you can do for yourself and your family.

Questions about your plan options?
Contact your Benefits Administrator.

End of Open Enrollment

Shared

If you changed your health plan for the coming year, here is a checklist for what you should do next!

https://bit.ly/4dyVCkQ

End of Year

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Physical Health

Shared

The VEBA Resource Center's on-demand library of classes gives you the flexibility and convenience to prioritize fitness and wellness anytime, anywhere! Check out the library here.

https://bit.ly/4dcLWN8

Shared

What's for dinner tonight? Click here to download your free toolkit packed with quick, delicious, and nutritious recipes for you and your family.

https://bit.ly/3SFDVYO

Shared

It's been said: you are what you eat. Learn more about how healthy eating supports healthy living in part one of Healthy Living Tips to Promote Health for You and Your Family.

https://bit.ly/3WUBWIG

Shared

Take your healthy living journey one step further through connection, cleaning, and consideration. Here are five healthy living tips!

https://bit.ly/3LXDKUM

Shared

The VEBA Resource Center has tons of resources and information you can use to support your whole health. From nutrition information to exercise videos to benefits information, explore these resources for an easier way to take healthy actions each day.

https://bit.ly/3WUpjHB

Shared

You can start working to keep a sharp mind at any age. Here are some quick, easy tips for how you can improve your brain function.

https://bit.ly/3AaYupI

Shared

Rain or shine, protecting your skin from the sun is important. Read this article for ways to keep your skin healthy.

https://bit.ly/3Sz2Dd5

Shared

Preventive screenings are important because they help diagnose chronic conditions and disease early — when they are easier to treat. See this chart for what screenings are generally recommended by age.

https://bit.ly/3WTxkMQ

Shared

Don't be afraid to speak up during your doctor's visits if you have questions or concerns. Download this prep guide for a list of questions that might be helpful to ask your provider.

https://bit.ly/3WUpjHB

Shared

Make the most of your doctor's appointments! This free Doctor's Visit Prep Guide will help you prepare so you can feel confident and informed!

https://bit.ly/3WUpjHB

Shared

A doctor's appointment is your time to discuss your health and address any concerns. Download this guide to learn how to show up to each appointment prepared and ready to ask important questions you may have.

https://bit.ly/3WUpjHB

Shared

Mixing up workout routines helps you avoid plateaus and challenges your body. Explore CalVEBA's on-demand library for new classes each month to keep your fitness journey exciting and engaging!

https://bit.ly/4dcLWN8

Shared

Whether you want to work up a sweat or stretch tight muscles, access free recorded classes at the VEBA Resource Center's on-demand library. Visit today to find a class that interests you.

https://bit.ly/4dcLWN8

Shared

Regardless if you are in a calm or intense season of life, it's crucial to prioritize your well-being. Here are some tips to help you manage your overall health and make the most out of your experiences.

https://bit.ly/3WzD2Ce

Shared

With lifestyle modifications and early detection, you can significantly reduce your risk of cancer. Here are actions that can help protect you and your loved ones from common cancers.

https://bit.ly/4fzelhM

Shared

Quick gut check: how's your gut health? Download this toolkit to learn the importance of gut health for your overall health, ways to improve it, and tasty recipes to explore.

https://bit.ly/3SFDVYO

Shared

Workout where you want, when you want. The VEBA Resource Center gives you access to a robust library of on-demand workout videos.

https://bit.ly/4dcLWN8

Shared

Want to improve your gut health, enhance your cooking skills, or change your eating behaviors? Check out CalVEBA's Cooking & Nutrition Hub for resources to support your goals!

https://bit.ly/3SFDVYO

Shared

You've finished a doctor's appointment, but now what? Check out this free guide with helpful actions to take after your appointment to support journey towards better health.

https://bit.ly/3WUpjHB

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Mental Health

Shared

Self-care isn't always a day at the spa. Sometimes, it's simply making time for yourself. Find out simple daily ways to incorporate self-care and boost your mental and physical well-being.

https://bit.ly/4ciz0UG

Shared

We know how wild your day can be, so be sure to take a few minutes each day to practice deep breathing. Here's an easy two-minute tutorial.

https://bit.ly/4fjgmi4

Shared

Enhance your culinary experience by cooking a new recipe with mindfulness. Focus on the vibrant colors, enticing smells, textures, and tastes of each ingredient. Discover inspiration in CalVEBA's recipe library.

https://bit.ly/3LViDTi

Shared

At the end of the day, it can be hard to turn your brain off and settle down for bed. Use this body scan meditation next time you find yourself struggling to fall asleep.

https://bit.ly/4fkoVsX

Shared

Self-soothing is an easy way to help you stay present and manage stress. Read this article to learn about self-soothing kits is and how they might benefit you at work and at home.

https://bit.ly/3SFz61s

Shared

Center yourself with this simple breathing exercise: Inhale for a count of four, hold for four, and exhale for four. Repeat four times to help reduce stress and promote calm.

https://bit.ly/46FTQfA

Shared

Self-regulation is the ability to be aware of and manage your emotions and behaviors in a positive way. Download this free toolkit to learn more and get an easy-to-use calendar of ways you can cultivate self-regulation in just five minutes a day.

https://bit.ly/4dAdYSC

Shared

Did you know? Improving your gut health can also improve your mental health. Read more about the connection and ways to promote your overall well-being.

https://bit.ly/3T2htcH

Shared

Take a five-minute dance break! Dancing reduces levels of cortisol (the stress hormone) and increases endorphins (the body's "feel-good" chemicals).

https://bit.ly/46AVhf2

Shared

Did you know that practicing gratitude can impact many different areas of your life? Learn more about the positive effects it brings.

https://bit.ly/4ft20fj

Shared

Using positive affirmations can boost your self-confidence, improve your self-esteem, and help you maintain a positive mindset. Download this toolkit for affirmations to keep on your phone or written on sticky notes to read throughout your day.

https://bit.ly/4dAdYSC

Shared

Your self-talk influences how you interact with yourself and others. Explore these three tips to nurture self-love and confidence.

https://bit.ly/4cwv5nr

Shared

Life can be stressful — at work and at home. Journaling, no matter how long and in what way, can help you process your stress and, therefore, manage your stress more easily. Learn more here.

https://bit.ly/3SN69RB

Shared

Dive into a curated selection of book and app recommendations on CalVEBA's Mental Well-Being Hub to elevate your mental health journey.

https://bit.ly/4dAdYSC

Shared

Amidst the constant busyness of life, a noisy mind can lead to stress, anxiety, and physical health issues. Try these eight simple mindfulness practices to quiet your mind and calm your body.

https://bit.ly/3SARjgl

Shared

Taking time to move your body and to practice quieting your mind — separately or at the same time — are key pieces of healthy living.

Check out the VEBA Resource Center's convenient on-demand library for exercise, stretching, and meditation videos you can use wherever and whenever you need.

https://bit.ly/46E6hIs

Shared

Take a moment to prioritize your mental well-being today. Engage in activities that promote self-care, such as practicing mindfulness, connecting with loved ones, or engaging in a hobby that brings you joy and relaxation.

https://bit.ly/4dAdYSC

Shared

Mindful movement can impact both your mental and physical well-being in a positive way. This quick 10-minute gentle chair yoga session for practice you can use at work or at home.

https://bit.ly/46E6hIs

Shared

Clear your mind and boost productivity by decluttering your workspace in just a few minutes. Download our toolkit for quick tips on creating a tidy, stress-free environment at work and home.

https://bit.ly/4dAdYSC