



JANUARY 2023

Monday, January 2

January's newsletter on **Nutrition** is released through email. [Sign-up for our monthly newsletter](#) if you haven't already and share with your organization through any internal communication platform you use.

Thursday, January 12

Release the **New Year, New You, New Us with Uprise Health!** email to employees through any internal communication platform you use.

Wednesday, January 18

Share the **Visit the Uprise Health Member Portal Today!** material pieces with your organization through any internal communication platform you use, social media, and place copy in the break room or on everyone's desk.

Tuesday, January 24

Share the **New Year, New You!** material pieces with your organization through any internal communication platform you use, social media, and place copy in the break room or on everyone's desk.

Monday, January 30

Share the **Take Control of Your Life!** material pieces with your organization through any internal communication platform you use, social media, and place copy in the break room or on everyone's desk.

FEBRUARY 2023

Wednesday, February 1

February's newsletter on **Culturally Sensitive Care** is released through email. [Sign-up for our monthly newsletter](#) if you haven't already and share with your organization through any internal communication platform you use.

Thursday, February 16

Share the **We Are Here to Help in the New Year** material pieces with your organization through any internal communication platform you use, social media, and place copy in the break room or on everyone's desk.

Tuesday, February 28

Share the **Employee Assistance Program (EAP)** material pieces with your organization through any internal communication platform you use, social media, and place copy in the break room or on everyone's desk.

MARCH 2023

Wednesday, March 1

March's newsletter on **Anxiety** is released through email. [Sign-up for our monthly newsletter](#) if you haven't already and share with your organization through any internal communication platform you use.

Tuesday, March 14

Share the **How is Your New Year Going?** material pieces with your organization through any internal communication platform you use, social media, and place copy in the break room or on everyone's desk.

Thursday, March 23

Share the **EAP—Learn More!** material pieces with your organization through any internal communication platform you use, social media, and place copy in the break room or on everyone's desk.