



Creating a Healthy Mindset for 2022

The **Macon Wellness Matter** program is gearing up for 2022 with services to help employees live better.

Together, we can work to...

- Get proactive with wellness.
- Avoid pitfalls with personal health.
- Get motivated with solid actions.



Knowledge is Power.

Mobile Wellness

Modules for December include:

- Wellness Do's & Don'ts
- Optimism & Wellness
- Metabolically Healthy Obesity?
- Shape or Weight?
- Wellness Myth Busting

Atrium Health

- Personal health coaching
- Health Assessments
- Online resources



Lark DPP

- Weight management for those with pre-diabetes
- Pre-Diabetes specific coaching
- Pre-Diabetes educational information
- Stress management tools

Remember, you have wellness incentives you can earn with participation.

What you can do...

- Visit your [Mobile Wellness](#) library. It's full of modules specific to Wellness Mindset.
- Visit [Atrium's Health Portal](#) to schedule your first health coaching session.
- Visit lark.com/anthem to see if you could benefit from the program.
- Make plans to talk with your doctor about your needs and goals.

