

March 2021 Wellness Champions



Returning to Work

Many of us have already returned to work – or soon will be returning – and may feel somewhat anxious. While vaccine distribution is in process, we know that the COVID-19 pandemic continues. To protect our health, we shouldn't drop our guard even when we are around people that we trust.



Please remind co-workers of the **3Ws**: **Wear** a face mask, **Wait** 6 feet apart and **Wash** your hands or use hand sanitizer. Use these printable resources as reminders to continue doing the things that protect us. Together we can stay strong and continue to slow the spread of COVID-19!

- [Stopping the COVID-19 Pandemic is Going to Take All of Our Tools](#)
- [Stop the Spread](#)
- [Help Protect Yourself and Others from COVID-19](#)
- [Choosing Masks](#)
- [Please Wear a Mask](#)
- [Life is Better with Clean Hands](#)
- [Wash Your Hands](#)
- [The COVID-19 Vaccine: As Essential as You Are](#)
- [10 Things You Can Do to Manage your COVID-19 Symptoms at Home](#)

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- [Feeling Sick?](#)

As always, we wish you the best of health and a safe return to the office!

Reminder: Wellness Champions Webinar Scheduled!

Please join us for a short webinar on March 25, 2021, from 10 to 10:20 a.m. for a brief overview of the reconstruction of the Wellness Champions program. We would love you to attend and provide feedback as well. Click [here](#) to register.

Check It Out!

Have you visited the State Health Plan's new [Wellness Champions page](#)? You'll find links to Worksite Wellness plans and tips, a Wellness Champions newsletter archive, and more!



**This Month's
Healthy
Recipe**



**This Month's
Wellness
Tip**



**Mediterranean
Breakfast Sandwiches**

Get the Recipe! >



**Improving Your
Eating Habits**

Learn More! >

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Questions?

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