

# Monthly Wellness Campaigns

Each month you will receive an email with health and wellness information related to that topic. Each email will have actionable steps encouraging you to make behavioral changes to positively impact your overall health and wellness.

Q1	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>
	<b>Healthy weight*</b> You're more than a number on the scale.	<b>Heart health</b> It's Heart Health Month. Give your heart the care that it needs.	<b>Sleep</b> Learn tips for better, more restful sleep each night.
Q2	<b>APR</b>	<b>MAY</b>	<b>JUN</b>
	<b>Preventive care</b> Keep your New Year's resolutions in action with simple healthy habits.	<b>Depression/Anxiety*</b> When you need support for your mental health, we're in your corner.	<b>Primary care (acute)</b> From sore throats to checkups, your primary care provider is here for you.
Q3	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>
	<b>Member experience</b> We don't treat symptoms. We treat you.	<b>Move more</b> Reset your health and fitness goals.	<b>Healthy aging*</b> Maintain physical, mental and social well-being as you grow older.
Q4	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
	<b>Women's health</b> We're here to give you, or the women in your life, personalized care to stay well.	<b>Men's health</b> Your wellness center encourages you or the men in your life to keep up with preventive care.	<b>Medications/OTCs*</b> Your Premise Health pharmacy can help you navigate your medication needs.

\*Break Room Webinar will have similar focus in this quarter.



**Schedule a visit.**  
My Premise Health app  

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mypremisehealth.com

**City of Ocala Health Center**  
2100 NE 30th Ave., Ocala, FL 34470  
Monday, Thursday 7 a.m. - 5 p.m.  
Tuesday, Wednesday 7 a.m. - 6 p.m.  
Friday 8 a.m. - 5 p.m.  
Closed daily 12 p.m. - 1 p.m.  
Lab hours daily 8 a.m. - 10 a.m.  
(352) 663-9156



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