|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **OMG** July - Sept 2012 **HRA Quarterly Theme Focus** [weight management, lower stress, better nutrition, improve fitness, heart risk] | | | | | | | | | | | | | | |
| **Initiative** | **July** | **August** | | | **September** | | | **October** | | | **November** | | **December** | |
| **Consultations** | On-site One-on-One Consultations (ongoing) | | | | | | | | | | | | | |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] | | | | | | | | | | | | | |
| **PWP** |  | | |  | | |  | | |  | |  | |  |
| **Exercise Class/Series** | Walking Group | | |  | | |  | | |  | |  | |  |
| **Lunch n’ Learns** |  | | |  | | | TBA | | |  | |  | |  |
| **Workshop Series** |  | | |  | | |  | | |  | |  | |  |
| **Office Challenge**  **[team]** |  | | |  | | |  | | |  | |  | |  |
| **Virtual Challenge**  **[team]** |  | | |  | | |  | | | TBA | |  | |  |
|  |  | | | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | | | | |
| **Kiosk / Poster Display/ POD** | Sun Safety Kiosk | | |  | | |  | | |  | |  | |  |
| **POD Posters** |  | | |  | | |  | | |  | |  | |  |
| **Email/On-site/Pay-Stub Campaign** | Summer Eats and Drinks EC | | | | | |  | | |  | | 6 Weeks of Healthy Holidays | | |
| **Walk Around** |  | | |  | | |  | | |  | |  | |  |
| **Promotion**  **[on-site event]** |  | | | Smoothie Day | | |  | | |  | |  | |  |
| **Wellness Challenge**  **[Individual]** | Step Check  (With Draw) | | |  | | | TBA | | |  | |  | | Stay Fit Over Holidays |
| **Virtual Challenge**  **[individual]** | TBA | | | | | | | | | | | | | |
| **Health Fair** | TBA | | | | | | | | | | | | | |
| **Corporate Reporting** |  | |  | | | Snapshot | | |  | | |  | | Progression |