

## Population Health Management

December 2017

# Wellness Campaign: Lung Health

## WEEKLY THEMES, SUPPORTING ARTICLES, AND EMAIL TEMPLATES:

### *Week 1: Live Well, Work Well General Topics Newsletter*

*Email Body Template to Employees*

December's Live Well Work Well newsletter explores these topics: Safe Holiday Decorations, Holiday Charitable Giving Ideas, and Diet and the Holiday Tips.

*Post or Email the Following Attachment:*

- [LWWW Newsletter](#)

### *Week 2: Lung Health: USI Poster*

*Email Body Template to Employees*

Our lungs are extremely important. Like the rest of your body, lungs thrive on movement and more intense activity. Read these tips to keep your lungs at peak performance.

*Post or Email the Following Attachment:*

- [USI Lung Health Poster](#)

### **Week 3: Lung Health: Lung Cancer**

*Email Body Template to Employees*

Smoking is the leading risk factor for developing lung cancer. In addition to smoking, lung cancer can be caused by several factors, including exposure to Radon, Radiation, Pollution, Lung disease, Asbestos, and Secondhand smoke. Read all about lung cancer in this flyer.

*Post or Email the Following Attachment:*

- [Lung Cancer Flyer](#)

### **Week 4: Preventive Care: Hand Hygiene to Prevent Spread of Infection**

*Email Body Template to Employees*

A cold or other respiratory infection can sometimes become very serious. *Washing your hands often* is a good defense.

*Post or Email the Following Attachment:*

- [Hand Hygiene Poster](#)

### **Next Month: The Theme for January 2018 is Get Active**

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