

October

Content What's Coming and Going

2025 Journeys and Media – What’s Coming in October



Topic	Journeys- launching 10/17 		Media- launching 10/17 except as noted 
1. Women's Health* 2. Women's Health* 3. Women's Health* 4. Managing Stress** 5. Anxiety & Depression* 6. Being Tobacco-Free* 7. Being Tobacco-Free* 8. Mental Health & Wellbeing** 9. Substance Use* 10. Financial Wellbeing** 11. Blood Pressure* 12. Managing Illness, Injury & Pain** *Total Health Content Package **Total Wellbeing & Total Health Content Package	1. What You Need to Know About Breast Cancer (<i>partnership with preventcancer.org</i>) 2. Gestational Diabetes: Your Self-Care Guide 3. How to Manage Preeclampsia 4. Burnout Recovery for a Healthier You 5. Learn to Recognize and Manage Low Moods 6. 5 Ways Smoking Affects Your Health 7. Preparing to Be a Nonsmoker 8. How to Quiet Your Racing Thoughts 9. Enjoy Life With Less Alcohol 10. Smart Money Advice for First-Time Homebuyers 11. Lifestyle Habits for Better Blood Pressure 12. 8 Daily Habits for Better Bone and Joint Health *Journey with video		1. Trainer Tip: Benefits of Cross Training 2. How Your Gut Impacts Your Estrogen Levels 3. Protecting Your Bones During Menopause 4. Coach Minute: Creating Sustained Motivation 5. Coach Minute: The Cortisol Connection 6. Coach Minute: Quick Tips to Connect With Your Teen 7. How to Talk to Your Teen About Alcohol 8. Overcoming Guilt and Shame with Alcohol Addiction 9. How to Decompress After Work (<i>*partnership with Headspace</i>) 10. How to Not Take on Too Much at Work (<i>*partnership with Headspace</i>) 11. Finding Balance at Work (<i>*partnership with Headspace</i>) 12. Conversation for November-Emerging News on Gut Health – <u>to launch 10/27</u>

Daily Cards and More – What’s Coming in October



Topic	Daily Cards 	Topic	Challenges & PHHC's 
			BOB PHHC: Savoring Feelings (10/13 - 10/19)

Advance Notice

2025 Content – What’s Leaving in October



Topic	Retiring Journeys 		Retiring Media 	Topic
	Retiring Journeys: 1. Explore Life with Less Alcohol 2. Live Healthy: Blood Pressure 3. Move to Lower Blood Pressure 4. Make Sense of Your Moods 5. Recognize and Overcome Burnout			
		Challenges		

Advance Notice

2025 Journeys and Media – What’s Coming in September

Topic	Journeys 		Media 
1. Heart Health* 2. Lung Health* 3. Financial Wellbeing** 4. Managing Illness, Injury & Pain** <i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i>	1. Heart-Healthy Living With Coronary Artery Disease 2. Caring for Yourself With Asthma 3. Your Guide to Starting an Emergency Fund 4. Simple Strategies for Back Pain Relief* <i>*Journey with video</i>		1. Climate-Friendly Composting From Home 2. Easy Ways to Live Sustainably for a Healthier Planet 3. Trainer Tip: Benefits of Cold Exposure 4. Brain Benefits of Creatine 5. Optimizing Your Brain Health Throughout Life 6. How to Help Your Neurodivergent Employees Thrive 7. How to Meditate With ADHD 8. A Short Walking Meditation to Regain Focus 9. October Conversation – Conversations: What is Mental Health First Aid?

Daily Cards and More – What’s Coming in September



Topic	Daily Cards 	Topic	Challenges & PHHC's 
1. Financial Wellbeing** 2. Managing Illness, Injury & Pain** <i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i>	1. 4 cards 2. 4 cards		BOB PHHC: Appreciate Yourself 9/8-9/14

Advance Notice

2025 Content – What’s Leaving in September



Topic	Retiring Journeys 		Retiring Media 	Topic
	Retiring Journeys: 1. Live Healthy: Diabetes 2. Breathe Easier with Asthma 3. Unlocking the Benefits of Flexible Work 4. Live Better with Coronary Artery Disease 5. Explore Different Identities 6. Prepare for Financial Emergencies 7. Make Time for Play			
		Challenges		

Advance Notice