

Hi ,

August is National Wellness Month! It is meant to be a time to focus on creating healthy routines, stress management, and to focus on self-care. Take a look at some ways the STRIVE app can help your organization improve employee wellbeing:

Program Utilization:



Promote the wellness programs your employees have available that always seem to be underutilized. If your company offers an Employee Assistance Program that provides free mental health support, contact your Customer Success Manager to discuss adding this into the app and promoting it with a push notification!



Wellness Survey:

Now is the perfect time to do a check-in with your employees. Using your survey platform of choice, send a survey gauging their well-being and where they feel they need more support.



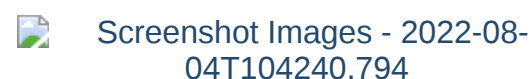
Community Tile Posts:

Keep wellness top of mind for your employees by posting articles and tips in the community tile. Ideas to post could be stress management, self-care ideas, and how to incorporate healthier habits into their day-to-day lives. [Click here](#) to see ready-made Community Tile posts.



STRIVE Hot Tip

Looking for a fun way to get your team moving for National Wellness Month? Start a step challenge in our activity tracker and start some friendly competition! Reach out to your CS Team member to get a challenge set up and see who tops the leaderboard!



Also, a reminder of our **upcoming Open Enrollment Webinar** happening on August 22nd at 1:00 pm CST. Tune in to learn how to utilize STRIVE for a streamlined OE process. [Register here.](#)

-The STRIVE Team