

2017 Optum International Newsletter & Livewell Content Plan

Q1: Healthy Living			
Month	Monthly Topic	Monthly Newsletter Title	Monthly Spotlight Title(s)
January	Fitness/Weight Management	Setting goals can help you on the road to fitness	<ol style="list-style-type: none"> 1. 10 Tips for getting fit when you don't have time 2. Making a commitment to exercise 3. Staying fit when you sit all day
February	Diet/Healthy Eating Management	Eating better on a budget	<ol style="list-style-type: none"> 1. Importance of eating well 2. A - Z of vitamins
March	Socialising/relationships	Maintaining friendships	<ol style="list-style-type: none"> 1. Guidelines for keeping your friendships strong 2. Successful relationships - communication skills
Q2: Mental Health			
April	Stress Management	Causes of stress	<ol style="list-style-type: none"> 1. Dealing with transitions 2. 10 Ways to manage stress at work 3. Reduce Stress long term
May	Managing Depression	How to manage symptoms of depression	<ol style="list-style-type: none"> 1. Coping with job loss 2. Coping with the death of a loved one 3. Coping with depression in a relationship
June	Happiness	Five step programme: Happiness	<ol style="list-style-type: none"> 1. Yoga the natural stress reliever 2. How to cope with job burnout?
Q3: Relationship Health			
July	Relationships at work	Solving problems with co-workers	<ol style="list-style-type: none"> 1. Adjusting to a changing workplace 2. Resolving conflict in the workplace 3. Discussing a job layoff with your family
August	Personal Relationships	Learning to Talk: How couples conquer difference in cultures and values	<ol style="list-style-type: none"> 1. Love and money 2. Making committed couple relationships work 3. Ending relationships - Staying on good terms
September	Parenting	6 Strategies for raising responsible children	<ol style="list-style-type: none"> 1. Having Children - The relationship Impact 2. Relationship with step children

Q4: Living With Addiction			
October	Smoking Addiction	The Basics: Quitting Tobacco toolkit	<ol style="list-style-type: none"> 1. See Yourself as a Nonsmoker/ Beat your smoking triggers 2. Do you know why you smoke? Satisfying your cravings with a healthy habit 3. The Basics: Tobacco use facts
November	Gambling Addiction	When gambling gets out of control	<ol style="list-style-type: none"> 1. Compulsive gambling 2. Compulsive gambling: It is all in the Brain.
December	Prescription Drugs Addiction	Recovering from a substance use disorder	<ol style="list-style-type: none"> 1. Avoiding relapses 2. Is your child using? Spotting the signs and symptoms of substance use in teenagers

Please note spotlights are subject to change.