

Stress Awareness

Health Education Program

Learning to relax

Dear Program Coordinator:

Thank you for requesting the Stress Awareness employer toolkit. This kit was designed to help you educate your employees about a critical health issue – stress.

The toolkit includes a variety of ready-made materials with information cited from the Centers for Disease Control and Prevention, National Institutes of Health, The National Women's Health Information Center, and other reputable sources. You may elect to implement one component or assemble a complete campaign to help promote the importance of stress awareness and management.

Any time is a good time to talk with employees about ongoing stress. However, certain times of the year (April, for example, which is Stress Awareness Month, or May, which is Mental Health Month) provide ideal opportunities for employers to communicate the stress awareness message. The toolkit guide can help you successfully distribute the information.

Please feel free to contact your AmeriHealth Population Health & Wellness representative with any additional questions or to request assistance with implementation.

Good luck and thank you for your participation.

With healthy regards,

Population Health & Wellness

