



## WEA TRUST 2010 TRUST IN YOUR HEALTH/*TRUST REWARDS* SWL COMMUNICATION TIMELINE

DATE	DESCRIPTION
January 2010	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Trust in Your Health/Trust Rewards</b> announcement letter and brochure mailed to eligible members (January 22, 2010).</li> <li><input type="checkbox"/> <b>Submit an article for staff district newsletter to editor</b> (January article is located on the SWL Web site, under Wellness Resources/<i>Trust Rewards</i>).</li> <li><input type="checkbox"/> <b>Send e-mail to district employees</b> (Included in e-mail recently sent to you).</li> </ul>
February 2010	<p style="background-color: yellow;"><b>Weight Management Challenge (February 10–March 23, 2010)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Submit an article for staff district newsletter to editor</b> (February article is located on the SWL Web site, under Wellness Resources/<i>Trust Rewards</i>).</li> <li><input type="checkbox"/> <b>Send e-mail to district employees</b> (WEA Trust will send text to SWLs).</li> <li><input type="checkbox"/> <b>Hang poster (Topic: Weight Management Challenge) in each building.</b></li> </ul>
March 2010	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Submit an article for staff district newsletter to editor</b> (March article is located on the SWL Web site, under Wellness Resources/<i>Trust Rewards</i>).</li> <li><input type="checkbox"/> <b>Send e-mail to district employees</b> (WEA Trust will send text to SWLs).</li> <li><input type="checkbox"/> <b>Hang poster (Topic: Health Assessment) in each building.</b></li> </ul>
April 2010	<p style="background-color: yellow;"><b>Stress Management “Chill Out” Challenge (April 14–May 11, 2010)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> “Chill-Out” Challenge postcard mailed to eligible members (April 9, 2010).</li> <li><input type="checkbox"/> <b>Submit an article for staff district newsletter to editor</b> (April article is located on the SWL Web site, under Wellness Resources/<i>Trust Rewards</i>).</li> <li><input type="checkbox"/> <b>Send e-mail to district employees</b> (WEA Trust will send text to SWLs).</li> <li><input type="checkbox"/> <b>Hang poster (Topic: “Chill Out Challenge”) in each building.</b></li> </ul>
May-June 2010	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Send e-mail for Summer Physical Activity Challenge to district employees</b> (WEA Trust will send text to SWLs).</li> </ul>
July 2010	<p style="background-color: yellow;"><b>Physical Activity Challenge (July 7–August 17, 2010)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Physical Activity Challenge postcard mailed to eligible members (July 2, 2010).</li> </ul>
September 2010	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Submit an article for staff district newsletter to editor</b> (September article is located on the SWL Web site, under Wellness Resources/<i>Trust Rewards</i>).</li> <li><input type="checkbox"/> <b>Send e-mail to district employees</b> (WEA Trust will send text to SWLs).</li> <li><input type="checkbox"/> <b>Hang poster (Topic: Where are you at with YOUR <i>Trust Rewards</i>) in each building.</b></li> </ul>

October 2010	<p style="text-align: center;"><b>Strive for 5! Nutrition Challenge (October 13–November 10, 2010)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nutrition Challenge postcard mailed to eligible members (October 8, 2010).</li> <li><input type="checkbox"/> <b>Submit an article for staff district newsletter to editor</b> (October article is located on the SWL Web site, under Wellness Resources/<i>Trust Rewards</i>).</li> <li><input type="checkbox"/> <b>Send e-mail to district employees</b> (WEA Trust will send text to SWLs).</li> <li><input type="checkbox"/> <b>Hang poster (Topic: Nutrition Challenge) in each building.</b></li> </ul>
November 2010	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Send e-mail after November 10 to district employees to complete Online Satisfaction Survey</b> (WEA Trust will send text to SWLs).</li> <li><input type="checkbox"/> <b>Submit an article for staff district newsletter to editor</b> (November article is located on the SWL Web site, under Wellness Resources/<i>Trust Rewards</i>).</li> </ul>
December 2010	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Send e-mail to district employees reminding them to complete Online Satisfaction Survey</b> (WEA Trust will send text to SWLs).</li> </ul>

Please review this schedule carefully. We are requesting that you distribute/post the materials listed in **bold** in accordance with the dates listed.

**IMPORTANT:** All **Trust in Your Health** and *Trust Rewards* materials are located in the Staff Wellness Liaison Resource Center on the Web.

In addition to these resources, we will be using other communication opportunities, such as the *Partners in Health* newsletter to health plan members and newsletters to District Administrators and union leaders, etc.

Please contact your Health Educator for any questions.