



# CONCORDIA PLANS WELLNESS CHAMPIONS



2025 Planner



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“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”

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– 1 Corinthians 6:19-20

## A message from CPS

Hello, Wellness Champion!

First and foremost, thank you for committing to this essential role. Your efforts, whether small or large, can make a big difference when encouraging God's people to care for their health. To assist you in your efforts, we're once again providing the annual Wellness Planner to help spark ideas and provide guidance as you plan wellness activities for your ministry.

Please note that this planner doesn't come with any requirements: you get to decide what ideas to use, how many to use and what will work within your ministry. This planner is a digital version so you can easily modify and update your plans as needed. This also allows you to access your planner whether you're traveling, in the office or working at home. We know how hard it is to plan and carry out these events on top of the other responsibilities that you already have, which is one of the reasons we've created this planner. It's just one of the many tools that can support you along the way. You can also visit [ConcordiaPlans.org/champs](https://ConcordiaPlans.org/champs) to access tools and resources that are updated throughout the year to further support you in this role. Anything that you can do in 2025 to urge your co-workers to "Be Well" is to be celebrated!

Thanks again for your service and for championing the cause of good health within your organization.

Blessings & Be Well,

Kelly Menke, MSPH, CHES  
Concordia Plans, Health & Wellness Educator  
[Kelly.Menke@ConcordiaPlans.org](mailto:Kelly.Menke@ConcordiaPlans.org)

# Foundation Check

This page is designed to help you build a foundation for all of your health and wellness initiatives this year. The workbook will walk you through month by month in greater detail, but first, let's take a moment to see the big picture.

## WHAT are we trying to accomplish this year in terms of health and wellness?

Use this space to outline two S.M.A.R.T.E.R. goals.

- S. **Specific:** the "what," "why" and/or "how" of the goal.
- M. **Measurable:** is there a number that can be measured or compared in your goal?
- A. **Achievable:** does the goal push your group a little, but not too much that makes it impossible?
- R. **Relevant:** does the goal pertain to improving or maintaining good health and wellness?
- T. **Timely:** is there a deadline or timeline included in the goal?
- E. **Ecological** in the sense of is this goal relevant to the big picture or the mission?
- R. **Rewarding** answers the question of "Why am I doing this?" and "Is this worth it?"

*Examples: Our goal is to have 40% of our employees reach Gold status within Vitality. Our goal is to have 50% of our employees complete a health screening/biometric screening by June 30. Our goal is to see 25 more employees participate in the annual spring 5K than the previous year.*

**Goal 1:** S. \_\_\_\_\_

M. \_\_\_\_\_

A. \_\_\_\_\_

R. \_\_\_\_\_

T. \_\_\_\_\_

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R. \_\_\_\_\_

**Goal 2:** S. \_\_\_\_\_

M. \_\_\_\_\_

A. \_\_\_\_\_

R. \_\_\_\_\_

T. \_\_\_\_\_

E. \_\_\_\_\_

R. \_\_\_\_\_

## WHO are my helpers?

Identify one to three people who can occasionally help develop wellness ideas, plan events or champion for wellness in their own unique way.

Name	Area of expertise	Contact information

## HOW should I communicate?

Some ministries work well with flyers and announcements in meetings. Some rely on digital communications such as email, the intranet and blog posts. Use this space to assess how effective current communication methods are and possible avenues for communication that could help better deliver your messages.

Current communication method	Effectiveness rating (1 - extremely ineffective, 5 - extremely effective)	Possible new ways to communicate

## WHEN are the ideal and not-so-ideal times during the upcoming year for wellness events?

Each season brings its own unique versions of busy. Some months it may be more appropriate to promote wellness through a quick lunchtime game or office snack. Other months, something more elaborate like a challenge or hosting a speaker may work well. Deciding which times of the year are better than others will guide you in your planning.

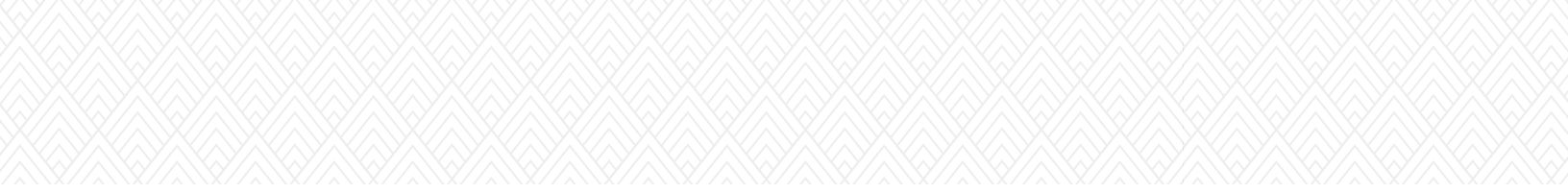
Write out what may be going on in your ministry each month. Give a Wellness Rating to the month (1-5 with 1 indicating a slower time and 5 indicating the busiest time).

### Example:

Month	What's happening in my ministry	Wellness Rating	Ideas for wellness programs, events, challenges, education
February	Small group kick-off	2	Consider bringing in a speaker/asking someone from the congregation to speak on a health topic.
March	Spring Break	1	Consider hosting a two-week health challenge (use the Wellness Champion Playbook for ideas).
April		5	This month may be best to encourage workers to take a risk assessment quiz in Vitality, share an interesting health article with them or simply offer a healthy snack during staff meetings.

Use the form on the next page to map out what is going on in your ministry that could help or hinder the promotion of wellness and give that month a Wellness Rating. From there you can begin to decide which types of activities you can do and when.

Month	What's happening in my ministry	Wellness Rating	Ideas for wellness programs, events, challenges, education
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			



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**"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."**

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– Romans 12:1





# Prevention

**Q1 Focus: Prevention, Prevention, Prevention!**

**Email Delivery Date:** Week of Jan. 13

**Synod-wide Challenge:** Bonus points for prevention activities (Including annual physical)

## Thinking ahead about how to communicate

*The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.*

– Lamentations 3:22-23

### How will I communicate next month to my group?

- Email  
  Intranet  
  Flyers/Bulletin post  
  Staff meeting  
  Other: \_\_\_\_\_

### When will I communicate?

- Weekly                       Bi-weekly                       Monthly  
 Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

### Making a plan: What activities can we do?

- Lunch and learn  
 Game  
 Email  
 Awareness event or activity (e.g., blood pressure screening, etc.)  
 Challenge  
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### TO DO ITEMS:

- Research monthly emphasis  
 Contact people who can assist you  
 Read WC email  
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?



# Heart Health

"Random Acts of Kindness Week," Feb. 9-15

Email Delivery Date: Week of Feb. 10

## Thinking ahead about how to communicate

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*

– Galatians 5:22-23

### How will I communicate next month to my group?

- Email  
  Intranet  
  Flyers/Bulletin post  
  Staff meeting  
  Other: \_\_\_\_\_

### When will I communicate?

- Weekly                       Bi-weekly                       Monthly  
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### Making a plan: What activities can we do?

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**TO DO ITEMS:**

- Research monthly emphasis
- Contact people who can assist you
- Read WC email
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?



# Nutrition

"Sleep Awareness Week," March 9-15

Email Delivery Date: Week of March 10

## Thinking ahead about how to communicate

*So, whether you eat or drink, or whatever you do, do all to the glory of God.*

– 1 Corinthians 10:31

### How will I communicate next month to my group?

- Email
- Intranet
- Flyers/Bulletin post
- Staff meeting
- Other: \_\_\_\_\_

### When will I communicate?

- Weekly
- Bi-weekly
- Monthly
- Sunday
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- Tuesday
- Wednesday
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### Making a plan: What activities can we do?

- Lunch and learn
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- Awareness event or activity (e.g., blood pressure screening, etc.)
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### TO DO ITEMS:

- Research monthly emphasis
- Contact people who can assist you
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?



# Physical Activity and Fitness

**Q2 Focus: Fitness - Physical, Mental & Financial**

**Email Delivery Date:** Week of April 14

**Synod-wide Challenge:** All Things Fitness

Thinking ahead about how to communicate

*... your body is a temple of the Holy Spirit within you, whom you have from God? ... So glorify God in your body.*

– 1 Corinthians 6: 19-20

**How will I communicate next month to my group?**

- Email    Intranet    Flyers/Bulletin post    Staff meeting    Other: \_\_\_\_\_

**When will I communicate?**

- Weekly                                       Bi-weekly                                       Monthly  
 Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

**Making a plan: What activities can we do?**

- Lunch and learn  
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**Partnership: Who can help me?**

Name	Number	Area to help with

**What resources do I need?**



# Mental Health Month

"Women's Health Week," May 11-17

Email Delivery Date: Week of May 12

Thinking ahead about how to communicate

*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

– Philippians 4:7

### How will I communicate next month to my group?

- Email
- Intranet
- Flyers/Bulletin post
- Staff meeting
- Other: \_\_\_\_\_

### When will I communicate?

- Weekly
- Bi-weekly
- Monthly
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### Making a plan: What activities can we do?

- Lunch and learn
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?



# Dental Health/Men's Health

Email Delivery Date: Week of June 9

Thinking ahead about how to communicate

*Therefore encourage one another and build one another up...*

– 1 Thessalonians 5:11

**How will I communicate next month to my group?**

- Email    Intranet    Flyers/Bulletin post    Staff meeting    Other: \_\_\_\_\_

**When will I communicate?**

- Weekly                                       Bi-weekly                                       Monthly  
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**Making a plan: What activities can we do?**

- Lunch and learn
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**Partnership: Who can help me?**

Name	Number	Area to help with

**What resources do I need?**



# UV Safety

**Q3 Focus: Summer Safety**

**Email Delivery Date:** Week of July 14

**Synod-wide Challenge:** Water Intake

## Thinking ahead about how to communicate

*Praise him, sun and moon, praise him, all you shining stars!*

– Psalm 148:3

### How will I communicate next month to my group?

- Email  
  Intranet  
  Flyers/Bulletin post  
  Staff meeting  
  Other: \_\_\_\_\_

### When will I communicate?

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### Making a plan: What activities can we do?

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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?



# Hydration

Email Delivery Date: Week of Aug. 11

## Thinking ahead about how to communicate

*Whoever believes in me, as the Scripture has said, "Out of his heart will flow rivers of living water."*

– John 7:38

### How will I communicate next month to my group?

- Email  
  Intranet  
  Flyers/Bulletin post  
  Staff meeting  
  Other: \_\_\_\_\_

### When will I communicate?

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### What resources do I need?





# Healthy Aging Month

Email Delivery Date: Week of Sept. 8

## Thinking ahead about how to communicate

*And let us not grow weary of doing good, for in due season we will reap, if we do not give up.*

– Galatians 6:9

### How will I communicate next month to my group?

- Email
- Intranet
- Flyers/Bulletin post
- Staff meeting
- Other: \_\_\_\_\_

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- Bi-weekly
- Monthly
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- Thursday
- Friday
- Saturday

### Making a plan: What activities can we do?

- Lunch and learn
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?



# Breast Cancer Awareness Month/ Boost Your Immune System

**Q4 Focus: Gratitude**

**Email Delivery Date:** Week of Oct. 13

**Synod-wide Challenge:** Gratitude Bingo

Thinking ahead about how to communicate

*Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!*  
– Psalm 100:4

**How will I communicate next month to my group?**

- Email
- Intranet
- Flyers/Bulletin post
- Staff meeting
- Other: \_\_\_\_\_

**When will I communicate?**

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**Partnership: Who can help me?**

Name	Number	Area to help with

**What resources do I need?**



# Gratitude/Caregiver Support

Email Delivery Date: Week of Nov. 10

## Thinking ahead about how to communicate

*...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

– Philippians 4:6

### How will I communicate next month to my group?

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- Intranet
- Flyers/Bulletin post
- Staff meeting
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?



# Tis the Season...to Be Healthy and Well!

Email Delivery Date: Week of Dec. 8

## Thinking ahead about how to communicate

*Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security.*  
 – Jeremiah 33:6

### How will I communicate next month to my group?

- Email  
  Intranet  
  Flyers/Bulletin post  
  Staff meeting  
  Other: \_\_\_\_\_

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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?

# Contacts and Resources

## Quantum Health

**Online:** [ConcordiaPlans.quantum-health.com](https://ConcordiaPlans.quantum-health.com)

**App:** Quantum Health

**Phone:** 833-740-3260

### Quantum Health:

[concordiaplans.quantum-health.com](https://concordiaplans.quantum-health.com)



### \*Diabetes Management Plus from Teladoc Health:

[welcome.livongo.com/concordia](https://welcome.livongo.com/concordia)



### \*Wondr:

[wondrhealth.com/ConcordiaPlans](https://wondrhealth.com/ConcordiaPlans)



### Omada:

[OmadaHealth.com/Concordia](https://OmadaHealth.com/Concordia)



### \*Virta:

[virtahealth.com/Concordia](https://virtahealth.com/Concordia)



### Sword Thrive Digital Physical Therapy:

[join.swordhealth.com/concordia2](https://join.swordhealth.com/concordia2)



### Vitality Customer Care:

877-224-7117

[PowerofVitality.com](https://PowerofVitality.com)



### Employee Assistance Program:

866-726-5267

[evernorth.com/concordiaplans](https://evernorth.com/concordiaplans)



\*Confused on which solution is best for you or your workers? Share/use our Wellness Resource Finder, an interactive tool that guides someone to the solution that may be best. Visit [ConcordiaPlans.org/FindMySolution](https://ConcordiaPlans.org/FindMySolution).

For a more comprehensive list of vendor contacts and available resources, please visit the Wellness Champion website: [ConcordiaPlans.org/champs](https://ConcordiaPlans.org/champs).



## CONCORDIA PLANS

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## CONCORDIA PLANS WELLNESS CHAMPIONS

