



**CONCORDIA PLANS**

2024 Planner



**CONCORDIA PLANS  
WELLNESS CHAMPIONS**





“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.”

— 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 2024 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. \_\_\_\_\_  
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E. \_\_\_\_\_  
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**Goal 2:** S. \_\_\_\_\_  
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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			





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.

— Romans 12:1





# Prevention

**Email Delivery Date:** Week of Jan. 22

**Synod-wide Challenge:** Bonus Points for Prevention Activities (Including Annual Physical)

## Thinking ahead about how to communicate

*Oh sing to the Lord a new song; sing to the Lord, all the earth!*

– Psalm 96:1

### 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?

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# Heart Health

Email Delivery Date: Week of Feb. 12

## Thinking ahead about how to communicate

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and 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  
 Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

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

- Lunch and learn  
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 Email  
 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  
 Read WC email  
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?

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# Nutrition

Email Delivery Date: Week of March 11

## 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     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.)  
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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?

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# Physical Activity and Fitness

Email Delivery Date: Week of April 8

Synod-wide Challenge: Spring into Fitness

Thinking ahead about how to communicate

*If we live by the Spirit, let us also keep in step with the Spirit*

– Proverbs 1:15

**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?**

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# Mental Health Month

Email Delivery Date: Week of May 13

## Thinking ahead about how to communicate

*The Lord is near to the brokenhearted and saves the crushed in spirit.*

– Psalm 34:18

### 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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 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?

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# Men's Health

Email Delivery Date: Week of June 10

## 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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- 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?

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# UV Safety

Email Delivery Date: Week of July 8  
Synod-wide Challenge: Water Intake

## Thinking ahead about how to communicate

*He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.*

– Psalm 91:1

### 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?

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# Hydration

Email Delivery Date: Week of Aug. 12

## 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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### 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?

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# Pain Awareness Month

Email Delivery Date: Week of Sept. 9

## 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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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?

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# Breast Cancer Awareness

**Email Delivery Date:** Week of Oct. 14  
**Synod-wide Challenge:** Gratitude Bingo

## Thinking ahead about how to communicate

*In all your way acknowledge him, and he will make straight your paths.*  
 – Proverbs 3:6

### 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?

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# Gratitude/Caregiver Support

Email Delivery Date: Week of Nov. 11

## 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?

- 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?

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

Email Delivery Date: Week of Dec. 9

## 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  
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### Partnership: Who can help me?

Name	Number	Area to help with

### What resources do I need?

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# 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

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



\*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

