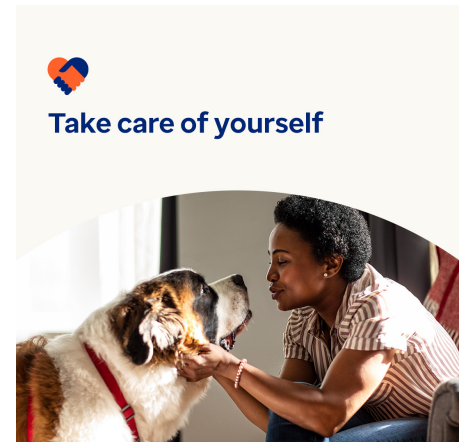
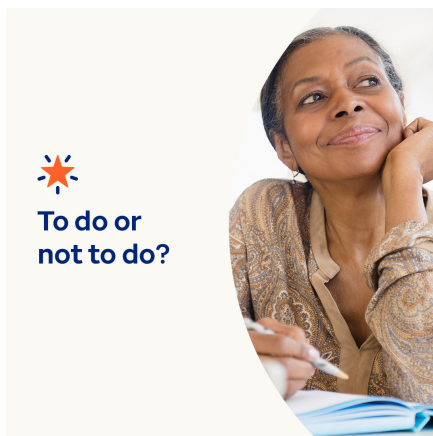


Below is suggested social media copy (image options attached) to help you promote this month's health and wellness topic — Taking Care of Yourself — among your members. Feel free to share on your internal communication platforms and via your own LinkedIn accounts, as appropriate.



Talking about self-care is trendy, but it's also very important to your health and well-being. This month, learn why taking care of yourself is so important, especially if you're taking care of someone else, and steps you can take to achieve it. Visit optumeap.com/newthismonth #employeehealth #wellbeing

Learn how to create a "not-to-do" list this month, so you can improve your focus on the things, activities and people that energize you. Get it here: Visit optumeap.com/newthismonth. #employeehealth #wellbeing

Caregivers — are you taking care of yourself? This month, learn why putting yourself first is very important, and get practical tips on how to achieve it. Visit optumeap.com/newthismonth #employeehealth #wellbeing

How to post on LinkedIn:

- Open your LinkedIn account.
- Select your preferred text (including link) from above. Copy + paste.
- Choose your preferred image and add to your post (save image to your drive, select "add photo") prior to step 4.
- Click "Post."