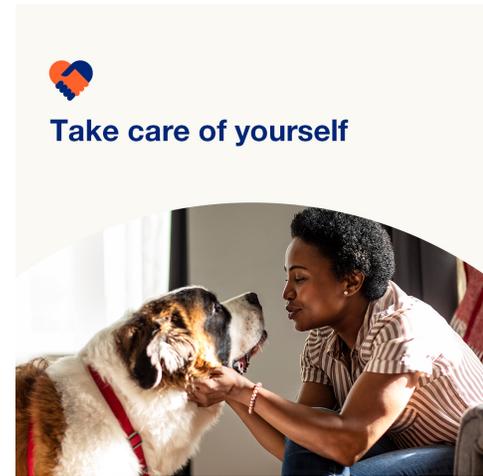
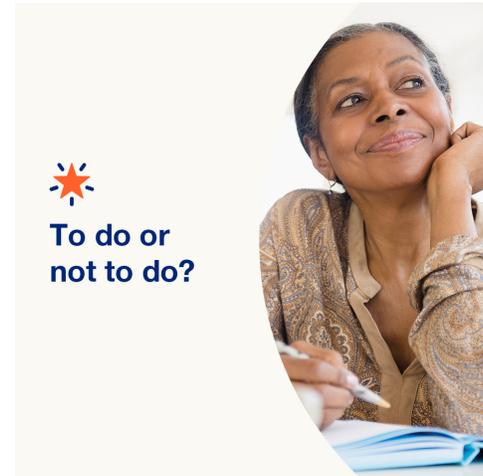


Below is suggested social media copy (image options attached) to help you promote this month's health and wellness topic — Taking Care of Yourself — among your members. Feel free to share this on your internal communication platforms and via your own LinkedIn accounts, as appropriate.



Talking about self-care is trendy, but it's also very important to your health and wellbeing. 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 practise self-care. Visit [optumeap.com/newthismonth](https://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 energise you. Get it here: Visit [optumeap.com/newthismonth](https://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 do so. Visit [optumeap.com/newthismonth](https://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."