



What's What

Give employees the facts to help make smart choices about their health.

WHAT'S WHAT meet ups are short and filled with tips and action steps to help employees improve their health and well-being.

Client Benefits



- **Boosts engagement.** Reach more of your population with short, 10-minute meet ups that deliver timely health and well-being topics, wherever participants can gather.
- **Preventive.** Gives participants an opportunity to learn the facts on health and wellness topics, helping them to make better decisions on how to improve their health.
- **Supports the social aspect of well-being.** Provides an opportunity for participants to connect with peers in a casual/informal way to learn about topics of interest together.

Participant Benefits



- **Convenient.** Anytime, anywhere means we reach more people at times and places that are convenient for them.
- **Informative.** Participants receive key messages about a health topic of interest in a streamlined way, delivered in 10 minutes or less.
- **Actionable.** Each participant walks away with suggestions for small action steps that can be implemented quickly and easily.

What's What



What you need to know

What's What meet ups are fun, quick learning opportunities. Delivery is adaptable to almost any setting—from the break room to the board room—and any group size. This program includes promotional materials and handouts that communicate key concepts.

Help employees separate the healthy facts from fiction

Reach employees at opportune moments by sprinkling wellness education into the workday. Contact your HealthFitness representative to learn how you can add What's What meet ups to your health and wellness programing.

Available meet ups

- **Financial Savings**
Learn to save for financial goals by planning ahead; includes simple tips to make it happen.
- **Finding Time**
Learn how time management can help you seize the day—without feeling like the clock is ticking.

Available meet ups

(continued)

- **Flu**
Separate fact from fiction when it comes to the flu and the flu vaccine; designed to keep participants healthy during the flu season.
- **Gratitude**
Discover the effect appreciation and thankfulness have on well-being. We'll share practices that nurture a grateful mindset.
- **Healthy Fats**
For balanced nutrition, fats are required. Take the fear out of eating fats—learn which ones are best for you.
- **Mindfulness**
What exactly does it mean to be mindful and what are the health benefits? We'll cover the facts, including a simple mindfulness exercise.
- **Neck Pain**
Save your neck! Learn practical ways to prevent neck strain and soreness.
- **Protein**
Do you know how much protein you need each day? Get tips for nutritious choices, and learn whether or not protein can help make you lean.
- **Quick Meals**
Does eating healthy feel like a hassle? We'll show you how to get good nutrition on a busy schedule and tight budget.
- **Salt**
Is too much salt sneaking into your diet? Shake the habit with simple tips to help you eat less sodium.

What's What

Available meet ups

(continued)

- **Sleep**

How much sleep do you really need? We'll put the myths to rest and share the truth behind a good night's sleep.

- **Strength Training**

Strong muscles matter! We'll share tips for making strength training part of your fitness routine.

- **Sugar**

What's the impact of sugar and how much is too much? We'll separate the sweet truth from the sugary fiction.

- **Whole Grains**

Find out how whole grains can boost your health and how to make them a part of your meals each day.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning provider of health management, corporate fitness and condition management solutions. With more than 40 years of experience, it is URAC- and NCQA-accredited and a proven leader and partner for infusing a culture of health. HealthFitness maximizes client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.

