

Sanford Health Plan COVID-19 Employer Resources

Recommended Communications Calendar

| MAY | | | | | | 2020 |
|-----|------------------------------|------------------------------|----|------------------------------|----|------|
| S | M | T | W | TH | F | S |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 <i>Eblast 1</i> | 8 | 9 |
| 10 | 11 <i>Eblast 2</i> | 12 | 13 | 14 <i>Eblast 3</i> | 15 | 16 |
| 17 | 18 <i>Eblast 4</i> | 19 | 20 | 21 <i>Eblast 5</i> | 22 | 23 |
| 24 | 25 | 26 <i>Eblast 6</i> | 27 | 28 <i>Eblast 7</i> | 29 | 30 |
| 31 | | | | | | |

May 7: Eblast 1 – COVID-19 What you need to know (SVHP-3957)

May 11: Eblast 2 – Making and wearing face masks (SVHP-4047)

May 14: Eblast 3 – Social distancing (SVHP-4054)

May 18: Eblast 4 – When to use virtual care (SVHP-3916)

May 21: Eblast 5 – COVID-19 expanded coverage (SVHP-4048)

May 26: Eblast 6 – Proper posture (SVHP-4050)

May 28: Eblast 7 – Working from home (SVHP-4051)

| JUNE | | | | | | 2020 |
|------|------------------------------|----|----|-------------------------------|----|------|
| S | M | T | W | TH | F | S |
| | 1 <i>Eblast 8</i> | 2 | 3 | 4 <i>Eblast 9</i> | 5 | 6 |
| 7 | 8 <i>Eblast 10</i> | 9 | 10 | 11 <i>Eblast 11</i> | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

June 1: Eblast 8 – 10 tips for managing stress and anxiety (SVHP-4049)

June 4: Eblast 9 - COVID-19 Virtual care quick convenient (SVHP-4005)

June 8: Eblast 10 - Support your immune system (SVHP-4053)

June 11: Eblast 11 – Avoid stress eating (SVHP-4052)