Help your employees enjoy a healthy, happy spring.

**How to use this toolkit:** Each month, BHT sends out materials designed to help you communicate with your employees about issues that are important to their health and well-being. Share these resources, as well as the health and wellness resources included in your BHT benefits package. You’ll find a topical article and message you can copy and easily send to your employees.

**Included in this toolkit:**

|  |  |
| --- | --- |
| **Graphical user interface, text, application, chat or text message  Description automatically generated** | **Premera Plan Members**: Email article, text message, graphic, and flyer customized with resources included in your plan. |
| **Text  Description automatically generated** | **Kaiser Plan & Small Group Plan Members:** Email article, text message, graphic, and flyer customized with resources included in your plan. |

**How to download your toolkit:**

* Download the latest toolkit from the monthly Employer Toolkit email.
* Download new and archived toolkits online from the Employer Resource HUB: <https://businesshealthtrust.com/member-resources/#getting-started>