BHT **Social Media Toolkit | Q2 2025**

Thank you for helping promote BHT to your members. The following social media posts and images have been provided to make it easier for you to share BHT on Facebook and LinkedIn. Simply upload one of the images and cut and paste the copy below to create your posts. For best results, we recommend posting once a week.

Our theme this quarter is: **The importance of preventive care.**

**Sample Messages**

Feel free to copy and paste these messages as is – or customize them for your audience.

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Skipping preventive care now could mean higher medical bills later. Chronic conditions like heart disease and diabetes can often be managed, or even prevented, with early detection and lifestyle changes.

Take charge of your health today! Learn more in this article from our partner, Business Health Trust.

🔗 Article Link: https://businesshealthtrust.com/benefit/the-importance-of-preventive-care/

Not a BHT member? Are you ready to build a better benefits package? Visit bhtquote.com to learn more and get a free quote.

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**Did you know that preventive health screenings and primary care consultations significantly increase life expectancy, especially for those aged 30 to 49?**

Making preventive care a priority now can help reduce future health complications, and with virtual care, it has never been easier to get the support you need. Telehealth can provide easy access to preventive care services, such as check-ups, screenings, and mental health support.

Learn more about why it matters in this article from our partner, Business Health Trust.

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**The best way to reduce healthcare costs? Prevention.**

Preventive care services, such as screenings and vaccinations, can help you lower long-term medical expenses by catching health issues early.

Learn why prevention is key to maintaining health and financial stability in this article from Business Health Trust.

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Virtual care options are changing the way we approach preventive care. Now, regular check-ups and screenings can happen from your phone or laptop, helping you stay on track with your health without disrupting your schedule.

Read more about how preventive care keeps you and your employees healthier longer.

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**Sample Images**

These image files are included with this toolkit. Select an image to go with the messages above. Feel free to mix and match.

Facebook/LinkedIn

A close-up of a doctor's hands holding a pen

AI-generated content may be incorrect.A person using a computer

AI-generated content may be incorrect.A doctor and a nurse looking at a blood pressure monitor

AI-generated content may be incorrect.

A person holding a tablet with a person talking to a doctor

AI-generated content may be incorrect.

A doctor and patient looking at a tablet

AI-generated content may be incorrect.

A person talking to a person

AI-generated content may be incorrect.

Instagram

A close-up of a person talking to a doctor

AI-generated content may be incorrect.Close-up of a doctor's hands holding a pen

AI-generated content may be incorrect.A person using a computer

AI-generated content may be incorrect.

A person and person talking to each other

AI-generated content may be incorrect.A doctor checking a patient's blood pressure

AI-generated content may be incorrect.A person and a doctor discussing something

AI-generated content may be incorrect.