



# My wellness connection

Health information and tips for **Group Censeo** plan members

Happy 2023!

As we move into a new year, our *My Wellness Connection* continues to evolve in promoting overall health and wellness initiatives for Group Censeo's plan sponsors and plan members.

What you can expect in 2023:

- *My Wellness Connection* format has been revised to a one click document, making it easier to download and share with employees as part of your own internal health and wellness initiatives.
- Perks and Offerings from various vendors will be included for your employees to take advantage of savings on a wide array of health and wellness products and services throughout the year.
- Body Bulletin newsletter will be discontinued and replaced with the updated *My Wellness Connection*. The last edition of Body Bulletin will be January 2023.
- New topics on health information and tips for People Corporation plan members are outlined in the [2023 Health and Wellness Calendar](#).

**Download this month's issue for health information and tips you can share with your employees as well as the monthly Spotlight Offer from Citizen Tech with Style Smartwatches.**

English Version: [My Wellness Connection](#)

English Version: [Body Bulletin](#)

## Get Well. Stay Well. Live Well.



**Questions? Please contact [info@groupecenseo.com](mailto:info@groupecenseo.com)**

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