



12 Pillars of Healthy & Mission Ready

Promoting healthy habits, health awareness, health education and healthy choices.



Work Planning & Control
(October)



Cold Stress
(November)



Cybersecurity
(December)



Heart Health
(January)



Inclusion & Diversity
(February)



Driving Attitude
(March)



Human Performance Improvement
(April)



Mental Health
(May)



Balance
(June)



Communication
(July)



Safety Culture
(August)



Emergency Preparedness
(September)

What to Expect?

- Leadership Support
- Improved Employee Health & Wellness
- Focused Monthly Topics
- Pillar Champions
- Weekly Messages
- Program Integration
- A Dedicated Website
- ES&H Coordination Support