

## Monday

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Prevention & healthy habits are more important than ever. What steps are you taking to reduce your risk of chronic conditions like diabetes? [#NationalDiabetesMonth](#)

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Establishing a healthy daily routine can help you manage stress and prioritize your wellbeing.

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Start today with a cup of warm tea or lemon water.

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Have you created your holiday shopping budget yet?

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The holiday season is upon us. It's important to prioritize healthy eating, exercise and sleep to keep you feeling your best during this hectic time.

## Tuesday

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Aim for 10,000 steps today!

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It's soup season! Control your sodium intake and sneak in some extra veggies by preparing your own soups at home.

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Thanksgiving is approaching and while this year has been challenging, it's important to find things to be thankful for.

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Call a friend and let them know you're thinking about them. You might just make their day!

November is National Diabetes Month. This year, prevention and management of this chronic condition is more important than ever. There's never been a better time to invest in a digital therapeutics tool like [VP Transform for Prediabetes](#) and [VP Transform for Weight Management](#) to improve the health of your at-risk workforce.

## Wednesday

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Did you know that managing stress is essential to maintaining your overall health? [#StressAwarenessDay](#)

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Stay healthy—Wash your hands regularly with soap and warm water for at least 20 seconds, scrubbing from the fingertips to the wrists.

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Warm up with a low-impact at-home exercise like Pilates, barre, yoga or calisthenics before jumping into the workday.

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Try these healthy swaps for your Thanksgiving feast:

- Mashed cauliflower for mashed potatoes
- Roasted green beans for green bean casserole
- Wild rice and quinoa stuffing for bread stuffing

## Thursday

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Don't forget to schedule an appointment to get your flu shot!

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Get outside and enjoy the mood and energy-boosting benefits of sunshine!

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If you haven't done it yet, today is a great day to sign your tobacco-free agreement in your Virgin Pulse app! [#GreatAmericanSmokeOut](#)

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Happy Thanksgiving!

## Friday

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Explore a local hiking trail or take a long walk around your neighborhood this weekend!

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Saturday, November 14th is [#WorldDiabetesDay](#). Learn how this costly chronic condition is impacting your workforce and what steps you can take to reduce your risk.

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Summer is over, but it's still important to protect your skin from the sun. Apply sunblock to exposed skin before spending time outside this weekend!

27

Online holiday shopping means a lot less movement. Set an alarm to remind you to get up and move every 20 minutes while you're browsing for gifts.

Learn more about our Homebase for Health™ vision and our most innovative product launch to date.