IPBC Intergovernmental Personnel Benefit Cooperative

WELLNESS UPDATES

JUNE 2025

IPBC Wellness Program - IPBC Members

Wellness Program Resources

Please see this month's Alera's Wellness Resources that you can share with your employees:

Foreword to Employers
When you think about wellbeing, oral health doesn't often comes to mind, but it should. Oral hygiene goes beyond a bright smile — it's linked to systemic health issues including heart disease, respiratory conditions and diabetes. As an employer, oral wellness also impacts everything from absenteeism to rising dental and health insurance premiums. To recognize Oral Health Month, this newsletter is focused on "brushing up" on oral and dental hygiene for a brighter smile and better health.
Monthly Resources for You and Your Employees:

Employee Wellbeing Newsletter: Attached. **Poster** and **digital** versions are also available**.**

Observance Toolkit: Explore our **Brush Up on Your Health Toolkit** for ways your organization can support employees' oral health.

Recommended Reading: **How to Encourage Employees to Use Their Dental Benefits Effectively**

Recommended Webinar: **Unwind, Stretch, and De-stress**

2024-25 Wellness Program

The 2024-25 Wellness Program and FAQ is available on the IPBC website (see link above). ***Tier submissions for the 2024-25 Wellness Program are due 6/16/25***. Please submit to your Benefit Consultant your checklist along with all required documentation. The current checklist is on the IPBC website (please use link above).

Brush Up on Health

Smile, it's summertime! June is also National Oral Health Month – a reminder that good dental and oral health is about more than just your smile. Poor oral hygiene is also linked to health conditions such as diabetes, lung conditions and heart disease. Fortunately, there's a lot you can do to keep your mouth and teeth clean and healthy. The content below provides tips and reminders to help you "brush up" on oral and dental hygiene for a brighter smile and a fresh approach to your overall health.

"The Connection Between Oral Health and Heart Disease"

"What's the right way to brush your teeth?"

"How Often to Replace Your Toothbrush, According to Dentists"

Holistic Wellbeing

Relax: "5 Best Breathing Exercises to Try for Anxiety Relief, According to Experts"

Smile: "What these experts on happiness want you to know about making your weekdays more fulfilling"

Snooze: "14 Bedtime Podcasts That Will Bore You to Sleep in Minutes"

Just for Fun

Celebrate: "Buford, dog who rescued 2-year-old-boy lost in Arizona wilderness, showered with gifts"

Play: "A bear is spotted in Connecticut playing on family's backyard slide"

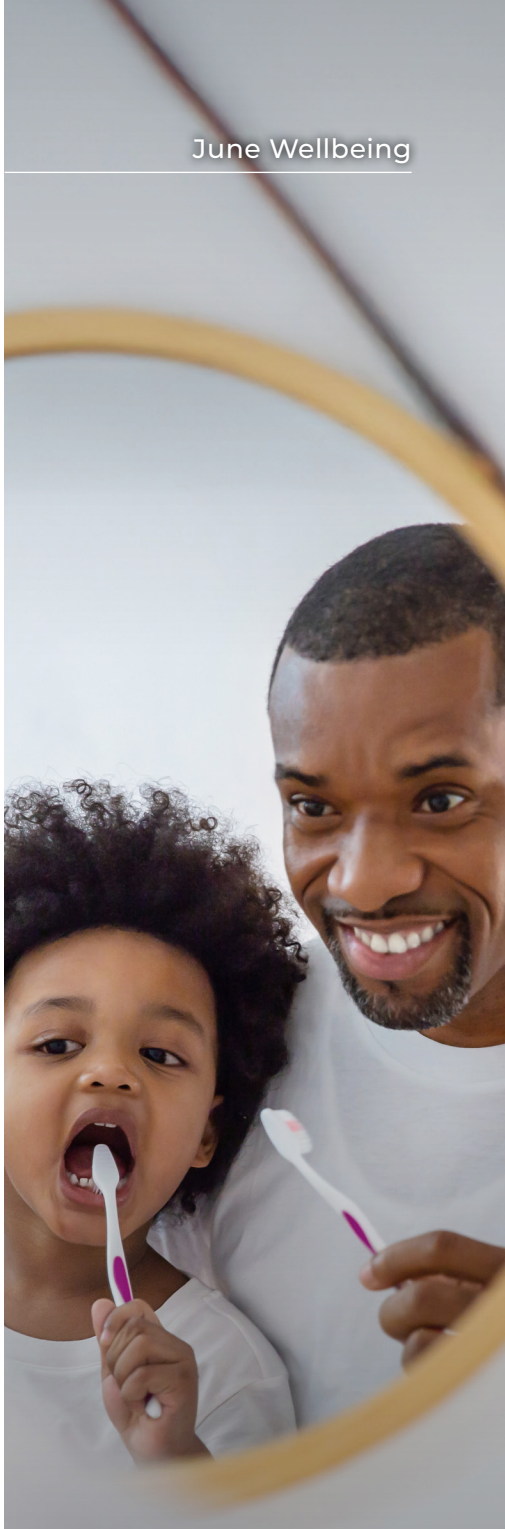
Drive: "2025's Summer Travel Trend Is A Nostalgic Throwback"

Monthly Milestones

Migraine and Headache Awareness Month: "Here's Why We Don't Say Someone 'Has a Migraine'"

CPR and AED Awareness Week (June 1 – 7) : "Hands-Only Mashup - #CPRsaveslives"

Juneteenth (June 19): "How did Juneteenth get its name? Here's the story behind the holiday's title"



Scan the QR code or visit **bit.ly/jun-wellbeing2025** to access this month's wellbeing resources.