IPBC Intergovernmental Personnel Benefit Cooperative

WELLNESS UPDATES

AUGUST 2024

IPBC - Wellness Initiatives (ipbchealth.org)

2024-25 Wellness Program

The 2024-25 Wellness Program and FAQ is available on the IPBC website (see link above).

Wellness Program Resources

With the change to Alera Group as the IPBC Consultant, IPBC now has different wellness resources available to the membership. For August, there is:

5 Tips For End-Of-Summer Slump To Beef-Up Your Career Productivity

When Your Employee Feels Angry, Sad, or Dejected

5 ways HR can support working parents during a busy back-to-school season

Aug-FamilyFunMonth.pdf (pti.com)

August Wellbeing Newsletter (aleragroup.com)

IPBC Website

Please make sure you visit the IPBC website (link above) for information about the IPBC Wellness Program. The resources section will be updated as we receive additional wellness resources that would be beneficial to the membership.