



A fresh perspective on physical health

Physical health isn't just about workouts — it's about the everyday choices that help you feel and function your best. How you sit, move, rest and recharge all play a role in your overall well-being. While healthy habits may seem small in the moment, they add up over time to support your comfort, energy and quality of life. This also includes staying on top of preventive care by scheduling your annual physical. This month, explore how you can make physical health part of your everyday routine.

Does your workstation need an ergonomic tune-up?

Small adjustments to your workstation can make a big difference in your comfort and well-being. Learn how an ergonomic setup can help reduce common aches and pains, including neck tension, sore shoulders and wrist strain.

[Explore ergonomic tips](#)

Mental Moment



Find a moment of calm in nature

Sometimes the best way to recharge is to slow down and take in the world around you. Explore simple ideas for connecting with nature to boost your mood, find inspiration and find peace.

[Take a nature break](#)

USG in Action



Join the USG 10k-a-Day Challenge for a global fitness adventure

Beginning August 17, register for the USG 10k-a-Day Challenge. The challenge is a virtual walking adventure that takes you on a journey through some of the world's most fascinating cities, all while you work toward 10,000 steps a day. Using your favorite fitness tracker or app, you'll watch your progress on a global map as you boost cardiovascular health, reduce body fat and improve overall well-being. The challenge runs September 1 – 28, 2026.

[Register now](#)

Join us for live USG Well-being events

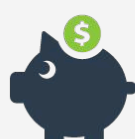
Register now to attend these upcoming events focused on...



Your Health



Your Mind



Your Finances



Our Community

AUGUST 5

[Watch Your Back: Back Care Basics](#) by Kaiser at 12 p.m. ET

AUGUST 6

[Build Smart Financial Habits for Success](#) by TIAA at 12 p.m. ET

AUGUST 11

[Diabetes Prevention Program Information Session](#) by UGA Extension at 11 a.m. ET

AUGUST 12

[Strength Train at Your Desk](#) by Kaiser at 12 p.m. ET

AUGUST 17

Registration begins for the [USG 10k-a-Day Challenge](#)

AUGUST 18

[Getting the Most from Your EAP \(EAP 101\)](#) by Acentra Health at 10 a.m. ET ([Add to Calendar](#))

AUGUST 20

[Empower Your Team: EAP Basics for Supervisors](#) by Acentra Health at 10 a.m. ET ([Add to Calendar](#))

[Healthy Mind Toolkit](#) by Acentra Health at 12 p.m. ET

AUGUST 21

[Tapping into Calm: Somatic Stress Management Tools](#) by Georgia Tech at 12 p.m. ET

AUGUST 26

[Campus Voices: Movement and Cardiometabolic Risk — Every Step Matters](#) by Kennesaw State University at 12 p.m. ET



[Visit the Events Calendar for upcoming events.](#)



Well-being Program reminder for Anthem and Kaiser members

There's still time to earn your well-being rewards. Start by completing your Health Assessment.

- For Anthem members, the Health Assessment is required to earn rewards.
- Kaiser members must complete the Health Assessment as one of five required activities.

Explore the [USG Well-being website](#) for more information.