

Typical monthly **member** e-newsletter:

- Specific topic each month
- Short articles, with links to more details
- Key points/reminders



Typical monthly **client** newsletter:

- Same topic as member e-newsletter
- Focus on how employers can help their employees take full advantage of the NSH program
- Talking points
- Links to collateral and/or videos they can share in an email, or during a staff meeting

