

Five to Thrive *starts* Monday, August 3rd

Fruits and veggies pack a powerful nutrition punch and the Five to Thrive Nutrition Challenge gives your employees a chance to benefit by getting enough of these each day. This 21 day challenge encourages people to eat at least 5 servings of fruits and veggies each day on their journey to better wellness. Helpful nutrition tips will be provided along the way!



Registration Opens Monday, July 20th

Registration will remain open throughout the challenge

Challenge Registration Details:

For Employees with Dean Health Plan Insurance:

- Login through your [Dean Connect member portal](#)
- Click the Living Healthy tile
- On the WebMD home page, register for the challenge under the Recommended for You section

For instructions on logging in or registering for the member portal, visit www.deancare.com/livinghealthy, or click [here](#) to view an instructional video.

Questions?

Contact: [Employer Contact Info](#)