

**Monthly Challenge:
The Invitational –
Steps Challenge**

***Mon, July 6 – Sun, Aug 9***

You will be part of a five-person team that competes against a new team each week for five weeks. Team matchups are based on performance, for a fairer competition. Be sure to enter your steps each round; you can sync your fitness device or enter your steps manually.

 **REGISTER Monday, June 15 – Sunday, July 5:**
Log in to your [member wellness portal](https://memberauth.deancare.com/SignIn?referredBy=https://member.deancare.com/?_ga=2.229714329.404989904.1591639851-508691784.1586379932) & click the Living Healthy tile to access the challenge.

**REAL Goal: Take 5**

***R****ealistic,* ***E****asy,* ***A****ttainable,* ***L****ife Goals*

A guide for taking a few minutes out of your day to discover the strategy of practicing short moments of self-care using your five senses. Learn More about [**Take 5**](https://www.deancare.com/getmedia/3d4ee9b7-205a-428e-b18e-0cb9a1a390eb/Dean-Wellness-Take-5.pdf)!

[**Check out more REAL goals**](http://www.deancare.com/wellness/real-goals)

 *Available to all employees
regardless of insurance*

**Monthly Webinar: Summer Safety**

Friday, July 24 at 12pm

Learn the warning signs of heat exhaustion and heat stroke, if a higher SPF is better, how to avoid tick-borne diseases and symptoms to watch for, and fall prevention.

[**CLICK TO REGISTER**](https://zoom.us/webinar/register/WN_ZotQm0h-TpG23s94ZRsG2w)

[**See our expanding video library**](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fplaylist%3Flist%3DPLSOoz5utmxgnR87m440q2pibkI6FCeyC7&data=01%7C01%7Cdanielle.tavenner%40deancare.com%7C1c1d2c1c78e84b8a0c2608d80e4d53d3%7Cfbb1df866d494545bde79583d50eee17%7C0&sdata=8U4rUogKL3eoPNJ0mjMdwWoeKQ7OcNdMz52Uqs1YX7Q%3D&reserved=0)

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**Summer’s Here!**

Follow **ABCDE** when examining moles: **A**symmetries, **B**order irregularity, **C**olor (variation or change), **D**iameter (increasing size), **E**volving (watch for changes). Bring any concerns to your Primary Care Provider.

**Ready to Quit Tobacco?***Available to all employees regardless of insurance*

* Dean Health Plan is hosting a **free** 7-week **online** Freedom From Smoking group on Wednesdays at 4pm, starting **August 5**. Week 4 has an additional session on Friday, August 28 (4pm) as a follow-up to Quit Day. All forms of tobacco use are welcome. [**Click to Register**](https://zoom.us/meeting/register/tJYlcuysrz0qHd28jWWCj8AHcv-oGZPe9YDK)**.** [Learn more](http://www.deancare.com/quitnow) about tobacco cessation program offerings.Questions? Email dhp.health@deancare.com

**Our well-being is multi-faceted.** Dean Health Plan’s Wellness Program focuses on **eight dimensions of wellness.**

Visit us **www.deancare.com/livinghealthy**



**Additional Wellness Programs***Dean Health Plan Members Only*

* **WebMD online wellness portal:** Provides tools and resources to help you achieve your goals for a healthier lifestyle. Log in to your [member wellness portal](https://memberauth.deancare.com/SignIn?referredBy=https://member.deancare.com/?_ga=2.229714329.404989904.1591639851-508691784.1586379932) & click the Living Healthy tile.
* [**Zipongo**](http://www.deancare.com/zipongo)**:** Custom grocery lists, discounts on healthy food and connection to full meal delivery services.
* [**Partner Perks**](http://www.deancare.com/partnerperks)**:** Discounts to local wellness facilities and devices.