

WELLNESS CARE PACKAGE

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](#). [Learn more](#) 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**.



August is National Immunization Month

Disease prevention is key. See the [CDC's vaccine recommendations](#). Not sure if you're up-to-date? Check with your provider or on the [Wisconsin Immunization Registry \(WIR\)](#).

Join the Five to Thrive Nutrition Challenge

Mon, Aug 3 – Sun, Aug 23

This 21-day challenge encourages you to eat at least 5 servings of fruits and veggies each day on your journey to better wellness. Helpful nutrition tips will be provided!

REGISTRATION opened July 20 and is open throughout the challenge. Log in to your [member wellness portal](#) & click the Living Healthy tile to access the challenge.



Upcoming Challenge: Seize the ZZZs

Track your sleep for 21 days starting Monday, Sept 7 through Sunday, Sept 27. Registration opens **Monday, August 24**.

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](#) & click the Living Healthy tile.
- **Foodsmart by Zipongo:** Custom grocery lists, discounts on healthy food and connection to full meal delivery services.
- **Partner Perks:** Discounts to local wellness facilities and devices.

AVAILABLE TO ALL REGARDLESS OF INSURANCE:

Monthly Webinar: Time Management - The Pomodoro Technique

Tuesday,
August 25
12pm



Watch this video for an intro to the Pomodoro Technique; help break up tasks and improve your attention span and stay focused.

[CLICK TO REGISTER](#)

[See our expanding video library](#)

REAL Goal: Increase Positive Self-Talk

A How To for recognizing the negative self-talk and ways to move toward [increasing your positive self-talk](#).

[Check out more REAL goals](#)

