

# WELLNESS CARE PACKAGE AUGUST 2023

DeanHealthPlan  
by Medica.

*Programs are open to all, regardless of insurance, unless otherwise noted\**

## August is Family Fun Month

Spending time together benefits the health and well-being of the whole family and creates growth and learning. Take some time this month to put down the devices and spend some good old-fashioned quality time with each other.

There are so many things your family can do together; check out our [August Family Fun Month toolkit](#) to get started! Complete activities as a family and move ahead on the game board until you reach the finish line. Most importantly, have fun and create special memories together.



### Body Intelligence Move with a Doc

Learn about food as medicine, emotional eating, the complicated pathways of hunger and weight regulation, and why losing and maintaining weight can be so difficult.

[Tuesday, August 8, at noon](#)

### Cultivating Everyday Peace Webinar

Discover five principles of a peaceful life, and examine wisdom and practices for each to help you create a life in which you experience more peace.

[Wednesday, August 16, at noon](#)

### Microsoft Tips & Tricks Learning Loft

Find out how to maximize the capabilities of Microsoft Word with shortcuts, tips, tricks, and timesavers so you can be more productive and efficient in your day-to-day work.

[Thursday, August 24, at noon](#)



### Five to Thrive Web MD Challenge\* | August 7 - 27

Eating a diet rich in fruits and vegetables has many benefits, like helping you avoid unhealthy food choices and reducing the risk of many chronic diseases. Both quantity and variety are important to give your body the nutrients it needs to stay healthy.

Challenge yourself to eat at least five servings of fruits and vegetables each day and track your progress. You'll get helpful nutrition tips along the way.

Sign up in your [member portal](#)\* (Living Healthy tile). Registration is open throughout the entire challenge.

Plus, Health Plan members, can [request a consult](#)\* with a Registered Dietitian for added nutritional support!



### Nicotine Cessation Program September 12 – October 24 (+ October 5) | 12-1 p.m.

Taking the first steps to quit can be hard, but finding your way to a nicotine-free life is easier with the right help. That's why we're here—to help you identify, strategize, and succeed.

- **Identify:** Understand nicotine use and identify your patterns and routines.
- **Strategize:** Address the physical, mental, and social factors associated with quitting.
- **Long-Term Success:** Stress management techniques, relapse prevention, and how to self-monitor and maintain motivation.

If you're ready to live a nicotine-free life, sign up for our next [Freedom from Smoking group](#). Open to all nicotine users (cigarettes, chew, e-cigarettes, vaping devices).

Explore more wellness programs at  
[deancare.com/wellness](https://deancare.com/wellness).