

Wellness Campaigns

Each campaign comes with the planning, promotion, and evaluation materials you need to successfully implement the program. Feel free to edit any of these materials to customize the program for your organization and employees. Feel free to edit any of the materials so the program works best for your organization and employees. If you have questions or need guidance at any point, please feel free to reach out to your Health Promotion Coordinator.

| Title | Topic area(s) | Individual or Team | Length | Description |
|--|------------------------|--------------------|---------|--|
| 21 Days to Happy Habits | Emotional & Spiritual | Individual | 21 days | Helps employees reduce stress levels, boost positivity, and become happier overall. Throughout the program participants will be encouraged to do the following daily: Take five minutes of 'me' time, record three positive things about their day, and complete one random act of kindness. |
| Eat Well, Be Well | Nutritional | Individual | 8 weeks | Helps employees improve food and beverage intake through self-assessment, goal setting, and educational articles. Each week, participants will learn about a different aspect of nutrition and set a personal goal that they will strive to achieve. |
| Empower Tower | Physical & Nutritional | Team | 5 weeks | Motivates employees to be physically active and eat nutritiously to earn points so their team can make it to the top of the Empower Tower. Each week participants can earn additional points with different activities. |
| Financial Wellness Bingo | Financial | Individual | 2 weeks | Educates employees on how to assess and improve their current financial health. Participants will complete tasks on a bingo card throughout the challenge to try and get bingo as many times as possible. |
| Health & Wellness Bingo | All areas | Individual | 8 weeks | Motivates employees to complete their bingo card covering many different aspects of health each week. |
| Holiday Holdout: Maintain, Don't Gain | Physical & Nutritional | Individual | 6 weeks | Keeps employees accountable for maintaining their weight throughout the holiday season. Participants may complete weekly mini-challenges with healthy tips and tricks. |
| Let's Get Real | All areas | Individual | 8 weeks | Encourages employees to set and maintain a specific goal in one of the eight dimensions of wellness. Participants will receive weekly emails with resources and tips. Each week will focus on a different dimension of well-being. |
| Money Matters: Get Financially Fit | Financial | Individual | 21 days | Challenges employees to complete one financial activity each day to help them get organized and on track to meet their short and long-term financial goals. Participants can use this list of activities or create their own tasks. |
| Moving with a Mission | Physical | Team | 6 weeks | Motivates a team of employees to travel across the U.S. by tracking their minutes or being active. |

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| Nutrition Mission | Nutritional | Individual | 7 weeks | Encourages employees to drink more water, make 'healthy plates', choose a rainbow of colors, learn to meal prep, select healthier carbohydrates, and make power snacks. |
| Poker Party | Physical | Individual | 4 weeks | Encourages employees to increase their amount of physical activity each week. Each day their activity goal is met, a playing card is earned. At the end of the week, participants submit their best poker hand for prizes. |
| Ready to Roll | Physical | Team | 4 weeks | Motivates employees to complete small challenges during their day to earn points on a scorecard, based on the game Yahtzee™, while encouraging and involving their team. |
| Short Circuit Stress | Emotional | Individual | 6 weeks | Helps employees integrate stress-relieving techniques into their daily life. Participants are guided through the process of changing the way they respond to stress by recognizing sources of stress, learning techniques to manage stress, and practicing when and how to apply the techniques. |
| Sound Asleep | Physical | Individual | 2 weeks | Encourages employees to try different strategies each day in hopes of finding new ways to improve their quality of sleep. Participants will track which strategies they have tried and reflect on which were helpful. |
| Step It Up | Physical | Team | 6 weeks | Encourages employees and management to be physically active by increasing their steps. Each week, teams will try to get more steps than the management team. The more steps teams take, the more points they'll get. <i>*Pedometers not provided by Dean Health Plan.</i> |
| Tri-Fitness Challenge | Physical | Individual | 6 weeks | Encourages employees to incorporate aerobic, strength and flexibility training into their routine. Participants will choose a difficulty level and those who reach their chosen level each week will be entered to win prizes. |
| Vice Versa | All areas | Individual | 6 weeks | Helps employees quit their bad habits, literally turning their vice the other way around. Participants will slowly try to eliminate their bad habit by increasing the number of days they try to quit each week. |

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