

# WELLNESS CARE PACKAGE

## August 2022

 **Dean Health Plan**  
A member of SSM Health

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

## Five to Thrive Nutrition Challenge\*

Eating a diet rich in fruits and vegetables has many benefits, including helping you avoid unhealthy food choices and reducing the risk of many chronic diseases. Sign up for the Five to Thrive\* challenge to help motivate you to eat more fruits and vegetables this summer. During this 21-day challenge, you are encouraged to eat at least five servings of fruit and veggies each day and track your intake. Plus, you'll get healthy tips along the way.

Log in to your [member portal](#) and click the Living Healthy tile to register for this challenge starting July 24. The challenge runs from Aug. 8 through Aug. 28.

Need help logging in? [Sign up](#) for 1:1 assistance.



## 12 Excel Hacks That Will Make Your Life Easier

Join our next Learning Loft to broaden your Excel knowledge! These hacks are sure to save you some time and improve efficiency on your next project. [Join us](#) Tues., Aug 23 at Noon—and bring your Excel questions!

## Summer Safety Tips

[Register](#) for the Summer Safety webinar on Wed., Aug. 17 at Noon to learn about the warning signs of heat exhaustion and heat stroke, which SPF is better, tick-borne diseases, and fall prevention.



## Concerned about Concussions?

What is a concussion? What should you do if you think you or someone you know has one? Join this month's Move with a Doc where Dr. Shah will answer these questions, address concerns, and give a better understanding of this scary injury.

Tues., Aug. 9 at Noon  
[Register](#)

Miss a previous session?  
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