

WELLNESS CARE PACKAGE

November 2022

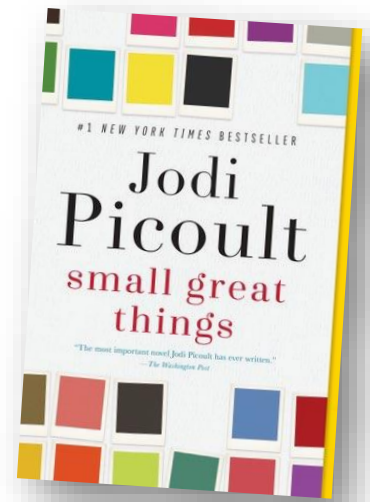
*Programs are open to all, regardless of insurance, unless otherwise noted**

Small Great Things by Jodi Picoult

With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers.

Ruth Jefferson, a labor and delivery nurse at a Connecticut hospital with more than twenty years of experience, begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery.

Come and share your thoughts at [Book Club on Tues., Nov. 15 from 12-1 p.m.](#)



Living Healthy Rewards*

Don't forget to earn and redeem your 2022 [Living Healthy Rewards](#)! **All points must be redeemed by Dec. 31, 2022.** Be sure to submit your assessment and complete your activities before that date—it can take up to three days to receive your link to redeem your points. If you wait too long, you may not receive your points before the current reward year ends.

For help with registration, login, or navigation, sign up for 1:1, virtual [Living Healthy Assistance](#).

Move with a Doc: Clearing the Air

E-cigarettes, vapes, vape pens, mods, and tanks—since they arrived on the market, there has been a lot of talk about them. With all the talk comes many myths, safety concerns, and questions.

[Join Dr. Shah on Tues., Nov. 8 at noon](#) to learn more about vaping/e-cigarettes and how they impact your health.

The Great American Smokeout

Tobacco use is the leading cause of preventable death in the U.S., accounting for approximately 480,000 deaths annually or about 1 in every 5 deaths. On Thurs., Nov. 17, join thousands of people across the country in quitting and taking a step toward a healthier life.

Looking for extra support on your journey? Sign up for our next [Freedom from Smoking session on Tues., Jan. 10.](#)

Events

Visit deancare.com/events to view and register for any of our upcoming wellness events. We have a little something for everyone—book club, challenges, park events, Learning Loft, Move with a Doc, webinars, and more!

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

[Instrucciones para visualizar WebMD ONE en Español](#)