

APRIL 2024

# Wellness Care Package

DeanHealthPlan  
by Medica.

## WebMD Challenges\*

### Healthcare Navigation\*

Monday, April 8 – Friday, April 26

You know health insurance is important, but how well do you understand it? Insurance doesn't have to be hard—we'll help make it easy for you. We've gathered a list of FAQs and each day we'll give you the answers to two questions along with resources. The information provided will help you better understand how to navigate your health insurance and the healthcare system.

### Stress Less\*

Monday, April 1 – Sunday, April 21

Feeling stressed? During this challenge, we ask you to spend five minutes a day on a relaxing or stress-reducing activity. That's often easier said than done, so we're here to help. Throughout the challenge, look for tips and advice to keep you on track and manage some of your stress.

### The Invitational\*

Registration is open April 8 - 28

Sign up for this five-week, team steps challenge. Registration closes on April 28 and the challenge begins on April 29.

Sign up for the challenges in your [member portal](#)\* (Living Healthy tile). Registration is open throughout each challenge, except for The Invitational.

Need help? [Request 1:1 Living Healthy help.](#)

*\*Open to Dean Health Plan by Medica members only, excluding Individual and Family plans, and Medicaid members for Healthcare Navigation.*

LivingHealthy  
POWERED BY WebMD health services



### Move with a Doc: Your Environment + You

Tuesday, April 9 | 12-12:30 p.m.

Where you live and how you live in the space you call home, can be just as important to your health and well-being as what you eat and how active you are.

In support of Earth Day, [join Dr. Roopa Shah](#) as she shares how your cleaning habits and house maintenance impact your health, plus learn the benefits of spending time outdoors.

### Learning Loft: Advance Care Planning

Thursday, April 18 | 12-12:30 p.m.

If you experienced a sudden, unexpected event — like a car accident or sudden illness — that left you unable to communicate or make health care decisions, would your loved ones know what is important to you?



Advance Care Planning is the process of thinking about what matters most to you at the end of life, communicating your values and preferences to loved ones, and recording those wishes in legal documents called Advance Directives. It's never too early to start the process. [Join us for this important talk.](#)



### Nicotine Reduction

Tuesdays, April 23 – May 14 1-2 p.m.

Not ready to set a quit date, but want to reduce nicotine use or practice quitting?

[In this group program](#), we provide customized support to meet you where you're at. Each session offers strategies and weekly support for reducing use, and an opportunity to practice a 24-hour quit. After the four weeks, you have the option of extending sessions for additional reductions.



Explore more visit [Deancare.com/Wellness](https://deancare.com/Wellness)

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