

WELLNESS CARE PACKAGE

September 2022

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

Conquer Your Goals



Research has shown that people who set goals are way more likely to achieve them. Plus setting goals can help create new habits, guide your focus, and increase motivation, productivity and happiness levels.

We all have goals—things we want to start or achieve in life, or parts of our life we'd like to change or have more control of. Dreaming up goals up is the easy part! Planning and achieving them takes a little more effort... But, with some preparation, positivity, and commitment, any goal can become a self-fulfilling prophecy.

For help planning and reaching your goals, sign up for the REAL Goals Challenge*. This 21-day challenge, will have you set a goal specific to something you want to accomplish. You'll track your progress and receive tips and support along the way. The challenge runs Sept. 5 through Sept. 25.

Register starting Aug. 21 in your [member portal](#)* (click the Living Healthy tile). Plus, earn [Living Healthy Rewards](#)*.

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

Have a goal to quit smoking, vaping, or using other nicotine products? Sign up for [Freedom from Smoking](#); we have upcoming sessions in Sept. and Oct.

The Invitational*

Being active doesn't have to involve a gym membership or special equipment—it can be as simple as walking. For motivation and to stay committed to getting your steps, sign up for The Invitational Challenge*.

Five-person teams compete against a new team each week, for five weeks. The team that walks the most steps each week wins.

Register Sept. 12 through Sept. 25 in your [member portal](#)* (click the Living Healthy tile). The challenge runs Sept. 26 through Oct. 30



Social & Educational Events

We are social beings. Connecting with others is vital to our health and can affect all areas of our well-being. One way to prevent social isolation is to get involved in community social groups. Here are some upcoming opportunities that are social *and* educational:

- **9/13: [Move with a Doc: Snacking](#)**
Join Dr. Shah as she talks about healthy snacking vs. mindless munching.
- **9/21: [Webinar: Healthy Eating Hurdles](#)**
Learn strategies to overcome some of the most common barriers to healthy eating (e.g., time, money, peer pressure).
- **9/27: [Book Club: All Grown Up](#)**
A novel about a 39 year old single, child-free woman who defies convention as she seeks connection. When her niece is born with a heartbreaking ailment, her entire family is forced to reexamine what really matters. Will this drive them together or tear them apart?