

# Wellness Care Package

December 2023

DeanHealthPlan  
by Medica.

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

**We're here for you** — whatever your goal may be! We have programs and resources to support the most popular New Year's resolutions.

**Quitting nicotine:** [Freedom from Smoking](#)

**Eating healthier:** [Made from Scratch](#)

**Getting active:** [Wellness webinars](#) (see physical)

**Being social/Reading more:** [Book Club](#)

## GIFT Yourself with Good Health

**Get** your cancer screenings. Prevention or early detection is the best way to be the healthiest you.

**Immunizations and vaccines** — can prevent diseases, and staying up to date can protect you from illness.

**Find out more** about preventive health. Our [toolkits](#) have education and awareness on a variety of topics.

**Take care** of your [mental health](#). Free resources plus services\* and treatment options\* for members.

Plus, you can earn [Living Healthy reward points](#)\* for taking care of you! Don't forget to redeem your points for rewards before December 31, 2023.

## December events

**12/6:** [Parenting Workshop](#): Allowing Your Child's Failure to Promote Success

**12/12:** [Move with a Doc](#): Ergonomics at the Desk

**12/14:** [Learning Loft](#): Dishin' it with Jenni

**12/20:** [Wellness Webinar](#): The Winter Blahs

For more programs and support, browse our [events](#).

## New Year's Resolutions

80% of New Year's resolutions get abandoned by February, but it can take more than two months before a new behavior becomes automatic—66 days to be exact. This year, don't give up on yourself. Be successful in sticking to your resolution with these tips:

- **Be specific** with your goal and include a plan.
- **Write it down and post it** where you can see it.
- **Create accountability** by sharing your goal and progress with someone.
- **Be consistent.** Set a schedule for yourself and put reminders on your phone or calendar.
- **Break your goal down** into smaller tasks.
- **Track your progress** using trackers or apps.
- **Expect mistakes** and lose all-or-nothing thinking; it takes time to create habits.
- **Remember why** you're making this change.
- **Celebrate wins**—even the small ones!

Use [December's New Year's SMART goals toolkit](#) for help setting a goal and being successful in achieving it.

View preset goals and get more education on specific topics on our [REAL Goals page](#).



Explore more wellness: [deancare.com/wellness](https://deancare.com/wellness).