

Wellness campaigns

Each campaign comes with the materials you need to successfully implement the program (e.g., planning, promotion, evaluation). You can edit the materials to customize the program for your organization and employees. Reach out to your Health Promotion Coordinator for questions or guidance.

Title	Topic area(s)	Individual or Team	Length	Description
21 Days to Happy Habits	Emotional + Spiritual	Individual	21 days	Reduce stress levels, boost positivity, and become happier overall. Participants are encouraged to do the following daily: take five minutes of 'me' time, record three positive things about their day, and complete one random act of kindness.
Eat Well, Be Well	Nutritional	Individual	8 weeks	Improve food and beverage intake through self-assessment, goal setting, and educational articles. Set weekly goals and learn about different areas of nutrition.
Empower Tower	Physical + Nutritional	Team	5 weeks	Be physically active and eat well to earn points so your team can make it to the top of the Empower Tower. Earn extra points with different activities.
Financial Wellness Bingo	Financial	Individual	2 weeks	Assess and improve their current financial health. Complete tasks on a bingo card to try and get bingo as many times as possible.
Health and Wellness Bingo	All areas	Individual	8 weeks	Assess and improve their overall wellness. Complete tasks on a bingo card to try and get bingo as many times as possible.
Holiday Holdout: Maintain, Don't Gain	Physical + Nutritional	Individual	6 weeks	Stay accountable for maintaining your weight during the holiday season. Complete weekly mini-challenges and get healthy tips and tricks.
Money Matters: Get Financially Fit	Financial	Individual	21 days	Complete one financial activity each day to help you get organized and on track to meet your short and long-term financial goals. Use this list of activities or create your own tasks.
Moving with a Mission	Physical	Team	6 weeks	Teams travel across the U.S. by tracking their minutes of being active.
Nutrition Mission	Nutritional	Individual	7 weeks	Drink more water, make 'healthy plates', choose a rainbow of colors, learn to meal prep, select healthier carbohydrates, and make power snacks.

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Poker Party	Physical	Individual	4 weeks	Increase your amount of physical activity each week. Earn a playing card each day your activity goal is met. At the end of the week, submit your best poker hand for prizes.
Ready to Roll	Physical	Team	4 weeks	Complete small challenges during the day to earn points on a scorecard, based on the game Yahtzee™, while encouraging and involving your team.
Short Circuit Stress	Emotional	Individual	6 weeks	Integrate stress-relieving techniques into your daily life. Be guided through the process of changing how you respond to stress by recognizing sources of stress, learning techniques to manage stress, and practicing when and how to apply the techniques.
Sound Asleep	Physical	Individual	2 weeks	Try different strategies each day to find new ways to improve your quality of sleep. Track which strategies you try and reflect on which ones were helpful.
Step It Up	Physical	Team	6 weeks	Be physically active by increasing your steps. As a team, try to get more steps than the management team. The more steps you take as a team, the more points you'll. <i>*Pedometers not provided.</i>
Tri-Fitness Challenge	Physical	Individual	6 weeks	Incorporate aerobic, strength and flexibility training into your routine. Choose a difficulty level and if you reach your chosen level each week, you'll be entered to win prizes.
Vice Versa	All areas	Individual	6 weeks	Quit their bad habits, literally turning your vice the other way around. Slowly try to eliminate your bad habit by increasing the number of days you try to quit each week.

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