

WELLNESS CARE PACKAGE

December 2022

 **Dean Health Plan**
A member of SSM Health

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

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

Quitting tobacco: [Freedom from Smoking](#) | Jan. 10 – Feb. 21 from 12-1 p.m.

Eating healthier: [Move with a Doc](#) - You Are What You Eat | Jan. 10 at noon

Getting active: [Wellness Webinar](#) - Kickstart Your Cardio | Jan. 18 at noon

Being social/Reading more: [Book Club](#): *My Grandmother Asked Me to Tell You She's Sorry* | Jan. 26 at noon

For more programs and support, browse our [Events](#) and [Video Library](#).

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. Routine vaccines can prevent diseases, and staying up to date can protect you from illness.

Find out more about preventive health. View our [toolkits](#): education and awareness on a variety of topics with interactive activities.

Take care of your [mental health](#). Free information and resources in addition to services* and treatment options* for members.

Plus, earn [Living Healthy reward points](#)* for taking care of you! Talk with your primary care provider about screenings and immunizations that are right for you.

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 the all-or-nothing thinking; it takes time to create habits.
- **Remember why** you're making this change.
- **Celebrate wins**—even the small ones!

Join the [REAL Goals WebMD Challenge](#)* for extra support and encouragement in reaching your goal. Register in your [member portal](#). For login help, sign up for [1:1 virtual assistance](#).

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



Explore all Health & Wellness programs at deancare.com/wellness.