

Be A Healthier You

Your comprehensive wellness program



Dean Health Plan in partnership with WebMD offers a variety of programs focusing on the whole person across eight dimensions of wellness, making healthy living achievable and fun.

Wellness Programs and Features

Health Assessment

Based on your individual questionnaire results, WebMD provides recommendations for each lifestyle category. A variety of interactive self-management tools are customized to your needs.

Case Management

Provides support through complex health situations.

Wellness Care Package

A monthly brochure highlighting programs, education and health observances.

Partner Perks

Discounts for gyms, spas, golfing, devices, equipment, nutrition and more.

Nicotine Cessation

Nicotine cessation and vape free programs for families. Free medications may be available.

R.E.A.L. Goals (Realistic, Easy, Attainable, Life Goals)

Preset goals covering all eight dimensions along with tips and trackers to help you achieve success.

Preventive Health Toolkits

Download our toolkits that include education and awareness for many national observances and seasonally-appropriate topics.

Events Calendar

Access live monthly Book Club discussions, Move with a Doc, Learning Lofts, and more webinars covering the eight dimensions of wellness. Events are virtual, and you can attend from anywhere. Learn more at deancare.com/events

Nutrition

Members can access WebMD resources, challenges, webinars and a monthly Made from Scratch newsletter.



Your lowest risks are...



Emotional Health



Tobacco



Cervical Cancer Screening

You should work on...



Blood Pressure



Stress



Safety

Optimal YOU is 100

You scored a 41 out of 100



Health Assessment Example

Earn up to \$150* in rewards!

See back for details

**Adult dependents (ages 18 and older) who are covered under a family member's policy can earn up to \$100 in Dean Health Plan's Living Healthy Rewards program.*

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

Living Healthy Rewards

Questions about Living Healthy Rewards?

Visit deancare.com/livinghealthy to learn how to redeem reward points through your Living Healthy portal.

Your rewards. Your choice.

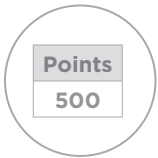
Earn up to \$150* in rewards!

Dean Health Plan will reward you up to **\$150*** for your healthy lifestyle. It's one of the many reasons Living Healthy has its rewards!



Here's how it works:

Choose the healthy activities you want to complete



Each completed activity is worth reward points (example: 500 points = \$50)



Earn up to 1,500 points for a maximum of \$150* per calendar year (**before December 31**)



Rewards come in the form of gift card(s) of your choice to many national retailers, restaurants and other popular merchants

All rewards MUST be redeemed before **December 31, 2023**.

Living Healthy Rewards 2023 will focus on Preventive Health Services!

Prevention or early detection of common diseases is the best way to be the healthiest you. The list below includes some of the more common preventive and screening services proven to improve health, but it is important to check with your primary care provider to determine which tests are appropriate for you, based on your medical history and family history. Earn points for taking care of you!



Immunizations:

Influenza, Varicella, Tetanus, Meningococcal and Pneumococcal



Cancer screenings:

Mammogram, Colon Cancer (FIT testing, Cologuard, Colonoscopy) and PAP smear



Other screenings:

Chlamydia, Gonorrhea, HIV, Hepatitis C, Diabetes and Depression

** Check with your plan administrator for reward offerings specific to your plan. Only Dean Health Plan members, ages 18 and older, are eligible for Living Healthy Rewards. Your employer may be required to report health plan-issued incentives as taxable income. Dean Health Plan may be required to report incentive payment information to your employer. Your health information is protected by federal law and will not be shared with your employer. Adult dependents (ages 18 and older) who are covered under a family member's policy can earn up to \$100 in Dean Health Plan's Living Healthy Rewards program.*

We are here to help

Visit deancare.com/livinghealthy

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