

# Be A Healthier You

Your comprehensive wellness program



LivingHealthy  
POWERED BY WebMD | health services

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.

### Fitness

The One Pass™ program includes fitness center memberships, home fitness kit, on-demand fitness videos and more.

### Nicotine Cessation

Nicotine cessation and vape free programs for families.

### 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.

### 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](https://deancare.com/events)



#### Your lowest risks are...



#### You should work on...



#### Optimal YOU is 100

You scored a 41 out of 100



Health Assessment Example

▶ **Earn up to \$150 in rewards!**  
See back for details

DeanHealthPlan  
by Medica.

Visit [deancare.com/rewards](https://deancare.com/rewards) to learn how to redeem reward points through your Living Healthy portal.

# Living Healthy Rewards

Your rewards. Your choice.

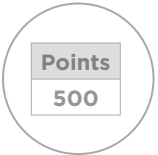
## Earn up to \$150 in rewards!

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 can be spent at your choice of national retailers, restaurants, and other popular merchants.

## 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