

WELLNESS CARE PACKAGE

July 2023

DeanHealthPlan
by Medica.



Book Club Discussion

The Gifts of Imperfection by Brené Brown

Thurs., July 27, 12-1 p.m. (Virtual)

Images and messages from society and the media tell us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate.

In this book, Brené shares her ten guideposts and what she's learned about Wholehearted Living—a way of engaging with the world from a place of worthiness. She engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, *No matter what gets done and how much is left undone, I am enough.* And to go to bed at night thinking, *Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging.*

[Come and share your thoughts](#) on this book.

Upcoming Events

- 7/11 - Move with a Doc: [Understanding Cholesterol](#)
- 7/12 - Stress Management (Session 5): [Supporting Adequate Sleep](#)
- 7/19 - Stress Management (Session 6): [Don't Worry, Just Be](#)

Explore all Wellness programs at deancare.com/wellness

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



Preventive Care for Children and Teens

Summer is in full swing, and your schedule is probably getting busy, but don't forget to check that your child's healthcare is on track for the year or the next school year. Well-child visits, adolescent and teen annual preventive health visits, and sports physicals are important routine visits and help keep your child safe, healthy, and protected.

[Learn more](#) about children, adolescents, and teen preventive care in our July Preventive Health Toolkit.

Meal Prepping Tools & Techniques Webinar

Wed., July 19 | noon



It's the dog days of summer, and they say if you can't take the heat, get out of the kitchen..., but the family still has to eat—right? Don't sweat it! Keep your kitchen cool by learning some meal-prepping tools and techniques. Not only will you have to cook less during the week, but it can also be a healthy, time-saving way to eat any meal of the day!

[Join us to learn more](#) about meal prepping, the benefits, and how to get started. Plus, we'll talk tips and resources to make it both manageable and enjoyable.



Seize the ZZZs WebMD Challenge*

July 10 – July 30

When it comes to sleep, how well you sleep is just as important as how long you sleep. Lack of sleep or poor-quality sleep can lead to memory problems, depression, a weaker immune system, occupational risks, and an increased risk for certain chronic diseases.

[Sign up for the Seize the ZZZs WebMD Challenge*](#) to track your sleep patterns. Lay your sleep troubles to rest, and start dreaming of a happier, healthier you. Sign up in your member portal* (click the Living Healthy tile). Registration is open throughout the challenge.

For login help, [sign up for 1:1 assistance](#).