

WELLNESS CARE PACKAGE

July 2021

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

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

July is Social Wellness Month

Did you know loneliness has been estimated to shorten a person's life by 15 years, the same impact as smoking 15 cigarettes a day? Take time this month to call a friend or family member and reconnect.

Reminder to check the expiration date on your sunscreen to make sure it's actually effective this summer.



Breathe easy this summer. Join the next seven-week [Freedom From Smoking](#) group.

Check out all [upcoming programs & events](#) including webinars, book club, Living Healthy challenges* & more!



As things open back up, don't forget to check out [Partner Perks*](#), discounts at local, wellness-related businesses in your area!



Have you heard of meta-awareness? It's being aware of being aware, or deliberate attention toward the conscious thought. Was the stop light green? Coffee nutty? Dog soft? Did you notice that you noticed? See how this type of thinking changes your mindset for the better!



Set a REAL Goal

Realistic, Easy, Attainable Life Goals to support you in your wellness journey. Check out the [Eating Better](#) REAL goal to help get your nutrition habits on track. Plus check out [Foodsmart*](#) for healthy recipes.

Have you checked in on yourself lately? Don't forget to take or update your Health Assessment in [Living Healthy*](#). Your individualized report will give you tools & resources to help improve your score and live your best life. Plus, earn your first \$50 in rewards!

Living Healthy
POWERED BY **WMD** health services

[Register](#)

You've asked, we've answered! Tues., July 6: Back Health
Upcoming Move with a Doc topics: Tues., Aug. 3: Thyroid Health

For more information, email dhp.health@deancare.com or visit deancare.com/wellness