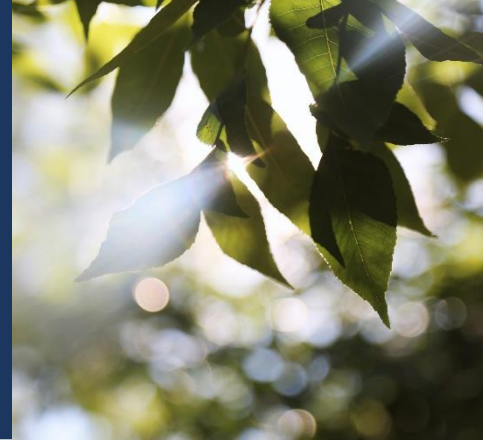


2024 DECEMBER

Wellness Care Package



New Year's resolutions

Most resolutions don't last past February, but it can take more than two months for a new habit to become automatic—66 days to be exact. Don't give up on yourself this year and stick to your goal with these helpful 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 all-or-nothing thinking; it takes time to create habits.
- **Remember why** you're making this change.
- **Celebrate wins**—even the small ones!

Use the December [New Year's SMART goals](#) toolkit for help setting a goal and reaching it. You can also find preset goals and get more information on specific topics on our [REAL Goals page](#).

December events

- **12/17:** [Move with a Doc: Open Wide](#) – mouth health
- **12/19:** [Learning Loft: Wellness Wisdom](#) – ten tips for a healthier, happier you

[Check out our events](#) for more programs.



Explore more

Visit [DeanCare.com/Wellness](https://deancare.com/wellness)

We're here for you

Whatever your goal may be, we have programs and resources to help you with the most popular New Year's resolutions.

- [Made from Scratch](#) (nutrition newsletter)
- [Mental health](#) (services* + resources)
- [Nicotine cessation + reduction](#)
- [Partner Perks](#)* (member discounts)
- [Video library](#)
- [Living Healthy WebMD Challenges](#)**

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 can prevent diseases, and staying up to date protects you from illness.

Find out more about preventive health. Our [toolkits](#) have education on a variety of topics.

Take care of your [mental health](#). Free resources as well as services/treatment options* for members.

Plus, you can earn [Living Healthy reward points](#)* * for taking care of you! Don't forget to redeem your points for rewards before December 31.

DeanHealthPlan
by **Medica.**

*Programs are available to insured members only.

**Programs are available to insured members, excluding individual and family plans