

MARCH 2024

# Wellness Care Package



## Start your quit journey with Freedom from Smoking

Tuesdays, April 2 – May 14 | 12-1 p.m.

Taking your first steps to quit can be hard, but finding your way to a nicotine-free life is easier with the right help. That's why we're here—sign up for Freedom from Smoking and we'll help you identify, plan, and succeed.

- **Identify:** Understand nicotine use and identify your patterns and routines.
- **Plan:** Address physical, mental, and social factors associated with quitting.
- **Long-Term Success:** Stress management techniques, relapse prevention, and how to self-monitor and maintain motivation.

Ready to quit? [Sign up for our next Freedom from Smoking group.](#)

We also have a [Reduction + Practice Quit](#) program if you're not quite ready yet. Both programs support all nicotine users (e.g., cigarettes, chew, e-cigarettes, vaping).



## Intermittent Fasting

Tuesday, March 12 | noon

Most diets focus on *what* we eat. Intermittent fasting turns this approach on its head and emphasizes *when* we eat instead.

[Register for this edition of Move with a Doc](#) to listen to Dr. Roopa Shah discuss the ins and outs of intermittent fasting — how it works, is it right for you, and where to find more information.

## Braving the Wilderness

by Brené Brown

Thursday, March 21 | noon

*"True belonging doesn't require us to change who we are. It requires us to be who we are."*

This book challenges all we know about cultivating true belonging in our communities, organizations, and culture. Brown redefines what it means to truly belong in a time of increased polarization. With her mix of research, storytelling, and honesty, she changes the cultural conversation while mapping a clear path to true belonging. [Come and share your thoughts in this book club.](#)

## Five to Thrive WebMD Challenge\*

Monday, March 4 – Sunday, March 24

Eating a diet rich in fruits and vegetables has many benefits, including helping you avoid unhealthy food choices and reducing the risk of some chronic diseases. Both quantity and variety are important to give your body the nutrients it needs to stay healthy.

Challenge yourself to eat at least five servings of fruit and veggies each day while tracking your intake and we'll send you helpful nutrition tips along the way.

Sign up in your [member portal\\*](#) (Living Healthy tile). Registration is open throughout the challenge. Need help? [Submit a request for 1:1 Living Healthy help.](#)

*\*Open to Dean Health Plan by Medica members only, excluding Individual and Family plans.*

## Other events:

- 3/4 – 5/26 [A Healthy Weigh to Go\\*](#)
- 3/5 – 4/9 [Stress Management Workshop](#)
- 4/1 – 4/21 [Stress Less Challenge\\*](#)  
(registration opens 3/18)

[Explore more wellness](#)

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