WELLNESS CARE PACKAGE
May 2023

WellFirst Health®
provided by SSM Health Plan

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

Mental Health Awareness Month

Mental health consists of your emotional, psychological, and social well-being. It affects how you think, feel, and act and is an incredibly important part of your overall health. This month is about breaking the stigma and raising awareness about mental health. You can help support the movement by finding time for self-care, checking in with loved ones, talking about mental health and exploring the programs and resources below.
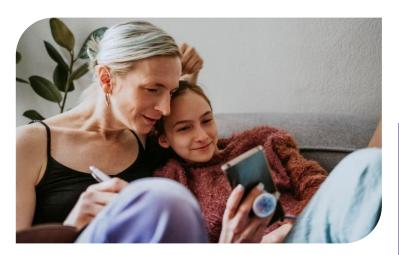
Webinar: Understanding Your Mental Health - Join us on May 17 at noon while we reframe the misconceptions of mental health and introduce the Mental Health Continuum.

Made from Scratch: Brain Power Foods - Explore recipes with brain-boosting foods and nutrients to help keep your brain and body healthy.

Mental Health Toolkit - Learn more about mental health through education and fun activities.

Living Healthy/WebMD Tools and Resources* - Listen to podcasts, read articles, and utilize Daily Habits and Health Trackers to cope with the blues, keep stress in check, and track stress or mood.

Behavioral Health Services* - Plan members have access to support, services, and treatment options.

Explore all Health & Wellness programs at wellfirsthealth.com/wellness.

Parenting Workshop: Navigating Your Child's First Online Device

The decision to give your child their own online personal device, such as a Smartphone, can leave you with questions and anxiety. So, now what? Join us for information and discussion regarding rule setting, conversations with your child, and good digital citizenship after gifting your child their first device.

This workshop will be 20 minutes of presentation, followed by 10 minutes of Q&A.

Register to attend on Wed., June 7 at noon.

Upcoming Programs

5/9	Move with a Doc: Be FAST Stroke Awareness
5/22	Rethink Your Drink WebMD Challenge (registration opens)
5/25	Book Club: Beartown by Fredrik Backman