

# Be A Healthier You

## Your comprehensive wellness program



**LivingHealthy**  
 POWERED BY **WebMD** | health services

**Dean Health Plan** in partnership with **WebMD** offers a variety of programs focusing on the whole person across **eight dimensions of wellness** making healthy living achievable and fun.

### Wellness Programs and Features

#### Health Assessment:

Based on your individual questionnaire results, WebMD provides recommendations for each lifestyle category. A variety of interactive self-management tools are customized to your needs.

#### Health Coach:

Get expert support if you have diabetes, COPD, asthma, heart failure or coronary artery disease.\*

#### Case Management:

Provides support through complex health situations.

#### Partner Perks:

Discounts for gyms, spas, golfing, devices, equipment, nutrition, etc.

#### Tobacco Cessation:

Tobacco cessation and vape free programs for families. Free medications may be available.

#### R.E.A.L. Goals (Realistic, Easy, Attainable, Life Goals):

Preset goals covering all eight dimensions along with tips and trackers to help you achieve success.


#### Wellness Webinars:

Covering all eight dimensions available 24/7.



\*Dean Health Plan shares secure claims information with WebMD. This data is only shared for the purpose of identifying health coaching opportunities through WebMD Condition Management program.

**Your lowest risks are...**



Emotional Health



Tobacco




Cervical Cancer Screening

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**You should work on...**



Blood Pressure




Stress



Safety

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**Optimal YOU is 100**  
 You scored a 41 out of 100



See back for details



Earn up to \$150 in rewards!

# Living Healthy Rewards

Your rewards. Your choice.



## Earn up to \$150 in rewards!

Dean Health Plan will reward you up to **\$150\*** for your healthy lifestyle. It's one of the many reasons Living Healthy has its rewards!



### Here's how it works:

Choose the healthy activities you want to complete

Points  
500

Each completed activity is worth reward points (example: 500 points = \$50)



Earn up to 1,500 points for a maximum of \$150 per calendar year **(before December 31)**



Rewards come in the form of gift card(s) of your choice to many national retailers, restaurants and other popular merchants

\* Check with your plan administrator for reward offerings specific to your plan. Only Dean Health Plan members, ages 18 and older, are eligible for Living Healthy Rewards. Your employer may be required to report health plan-issued incentives as taxable income. Dean Health Plan may be required to report incentive payment information to your employer. Your health information is protected by federal law and will not be shared with your employer.

† Covered adult children (ages 18 and older) can earn up to \$100 per year for completing healthy activities; however, they are not required to complete the Health Assessment.

To learn more about Living Healthy Rewards and how to redeem reward points through your Living Healthy portal.

Visit [deancare.com/livinghealthy](https://deancare.com/livinghealthy)



Kickoff Activity	Points
Online Health Assessment <sup>†</sup> You must complete this activity before you can redeem your reward	500
Screening/Exam Activities	
Annual preventive office visit	200
Virtual Visit	75
Annual dental visit	75
Annual flu vaccine	75
Immunizations	50
Where to go for care	50
Well-Being Activities	
Complete Mental Health Assessment	75
R.E.A.L. Goal	75
Read a Book	75
8 Dimensions Intro Video	50
Watch Webinar Series Video	50
Watch Harvard Happiness Study - Ted Talk	50
Tobacco-free User	50
Explore State & County Parks	50
Submit Advance Directive forms to your physician	25
Volunteer your time	25
Foodsmart Activities	
NutriQuiz	100
Meal Planner	50
ReTake NutriQuiz	100
Living Healthy Portal Activities	
Various Challenges Participate in a variety of monthly challenges to earn points.	15-175
Daily Habits	100-400
Sync device	25
Health topic self-assessment	20-240
Health Tracker	2-360 per tracker

All rewards **MUST** be redeemed before December 31, 2021.