

WELLNESS CARE PACKAGE

March 2022



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

21 Days to Positivity* Living Healthy Challenge

People who are grateful tend to be happier, healthier and feel more fulfilled. Being grateful can help you cope with stress and can even have a beneficial effect on heart rate. This wellness challenge will help you reduce your stress levels while promoting a positive mindset. For 14 of 21 days, write down three good things about your day.

Register after February 21 for the [21 Days to Positivity*](#) Living Healthy challenge which runs March 7 – 27. Once logged in to your member portal, click the Living Healthy tile and look for the challenge on the home page.

Plus, earn Living Healthy Rewards* for participating.



Quit Chewing, Smoking or Vaping With Our Help

Supporting all nicotine users in quitting for good. Join the next [Freedom From Smoking](#) group Tuesdays, April 5 – May 17, from 12:00-1:00 pm. This seven-week, small group program meets virtually with an additional 48-hour check-in on Thursday, April 28 as a follow-up to quit day.

Led by a certified Freedom from Smoking facilitator, the program features a step-by-step plan to help you quit tobacco. Each session is designed to help you understand your triggers, urges and develop coping strategies to stay committed to quitting.

Medications and nicotine-replacement therapy are available at no cost for plan members.

[REGISTER](#)



Explore Dane County Parks for Better Health

Spending 20 minutes walking in nature has been shown to improve concentration and, in some cases, can reduce the need for ADHD and ADD medications in children. It can also improve heart health and circulation as well as lower blood pressure. And just five minutes walking in nature improves mood, self-esteem and relaxation. Frequent exposure to nature also reduces anxiety and depression, while promoting a sense of well-being and fulfillment.

Venture out to the [Dane County Parks](#). There are beautiful hiking trails, sledding areas, snowshoe and cross-country skiing trails, among other activities. Plus, visit at least five parks on the [Park Passport](#) for your chance to win a \$50 gift card!



March is National Nutrition Month

- Check out the [Healthy Snacking Real Goal](#)
- Learn about [Hunger vs the Urge to Eat](#) in the monthly wellness webinar

See all upcoming
[programs & events](#)



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