

2025 APRIL

Wellness Care Package



WebMD Challenges*

Stress Less*

March 31 – April 20

Feeling stressed? Improve your stress and resiliency by spending five minutes a day on relaxing or stress-reducing activities.

We know this is easier said than done, so we're here to help. Look for tips and advice to help you stay on track and manage some of your stress throughout the challenge.

Healthcare Navigation*

April 7 - 25

Health insurance is important to have, but is it easy to understand? Insurance doesn't have to be hard—we'll help make it easy.

We'll provide answers to frequently asked questions each day along with links, phone numbers and additional information. The resources provided will help you better understand how to navigate your health insurance and the healthcare system.

The Invitational*

April 28 – June 1

The Invitational is a five-week, team steps challenge. You'll be part of a five-person team that competes against a new team each week. The team that walks the most steps each week wins.

Enter steps manually or sync your fitness device. Don't have five people? You'll be automatically assigned to a team or be paired with a team of ghost players who mimic your team's average steps.

[Sign up for challenges](#) in your member portal*.

[Need help?](#) Get 1:1 Living Healthy help

Learning Loft: Anxiety Unscripted

Thursday, April 17 | 12-12:30 p.m.

Anxiety is one of the most common conditions in the world, and we don't talk about it enough! Talking about anxiety can help normalize it for you or your friends and family.

Gather your questions, thoughts, and ideas, and join us to talk about anxiety. We'll provide a few strategies and coping skills to help with symptom reduction, then open it up for Q&A and conversation.

[Sign up](#) for the unscripted chat.

Monthly observances

Alcohol Awareness Month

Excessive alcohol consumption is the leading preventable cause of death in the U.S. Recent studies say that even moderate drinking has health risks.

[Learn more](#) and try one of the mocktail recipes.

Stress Awareness Month

Your body can cope with a certain amount of stress, but if left unmanaged, stress may lead to some serious health conditions. [Learn more](#) and try a few stress management tips.



Explore more

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*Available to insured members only, excluding Individual and Family plans