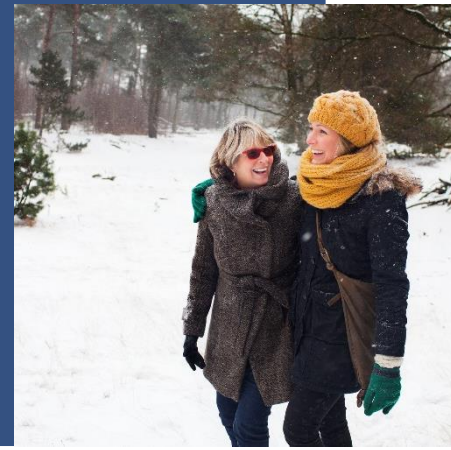


2025 JANUARY

Wellness Care Package



January observances

Thyroid Awareness Month

The thyroid is a gland that makes hormones to help your body use energy, stay warm, and keep certain organs working like they should. But when the thyroid doesn't work as it should, it leads to a thyroid disorder.

Test your knowledge with the [Thyroid Awareness Month toolkit](#)

Cervical Health Awareness

Women face different health concerns that affect their well-being over the course of their lives. The first step to addressing these concerns is to make your health a priority.

Take care of yourself and learn more with the [Women's Health toolkit](#).

Move with a Doc:

Women's Health

Tuesday, Jan. 14 | noon

[Join Dr. Roopa Shah](#) as she talks about cervical cancer screenings, pelvic floor strengthening, female incontinence, and other women's health issues.

REAL Goals challenge^{*†}

Monday, Jan. 6 - 26

How often do you set a goal based on hopes and dreams with little to no planning? Without details or steps for your goal, you're more likely to get distracted or lose motivation.

This challenge will help you set a REAL (realistic, easy, attainable, life) goal that's specific to your needs and hold you to it with a daily check-in.

[Sign up in your member portal](#)^{**} (Living Healthy tile) anytime during the challenge. **Need help?** Reach out for [Living Healthy help](#).

[†]Available to Health Plan members, excluding Individual + Family plans.

Nicotine cessation

One-on-one support

We know quitting (or cutting back) isn't easy. It takes time, planning and support. That's why we want to help.

We have two free programs that are open to everyone 18 years and older, regardless of insurance.

Freedom from Smoking

A seven-week program to help you set a quit date and stay quit.

Reduction program

A four-week program to help you reduce your use and practice quitting.

[Email us](#) to sign up or learn more at [Central.Medica.com/QuitNow](#).

Stress management workshop

Tuesdays, Feb. 11 – Mar. 18 | 4-4:45 p.m.

Stress is a normal reaction to life's demands, but too much can upset your health and well-being. It can affect your mood, weight, sleep, body, and relationships. That's why managing your stress is so important!

[Sign up for this six-week mindfulness series](#). You'll learn tools and techniques to help you control and reduce stress so you can find calm and balance in your life.



Explore more

Visit [Central.Medica.com/Wellness](#)



^{*}Programs are available to insured members only.

[†]Programs are available to insured members, excluding individual and family plans