

SEPTEMBER 2024

# Wellness Care Package



## Get Financially Fit – Money Matters WebMD Challenge\*

Monday, Sept. 9 – Sunday, Sept. 29

Managing money isn't usually what comes to mind when you think of wellness, but your financial health is an important part of your overall well-being. That's where the Money Matters challenge\* can help. This challenge makes getting financially fit easier by breaking down tasks into simple, daily activities.

[Sign up in your member portal\\*](#) (Living Healthy tile) anytime during the challenge.

**Need help?** [Ask for 1:1 Living Healthy help.](#) \*Open to Health Plan members only, excluding Individual and Family plans.

**Not a member?** Check out these [financial activities](#) and resources to get started on your own.



## Monitoring Men's Health

Tuesday, Sept. 17 | 12-12:30 p.m.

Like a car, men have different health issues, screenings, and maintenance to be aware of as they age. Unlike a car, broken parts can't always be fixed or replaced—that's why healthy habits and knowing what to look out for are good.

[Join Dr. Roopa Shah in Move with a Doc](#) as she reviews men's health at each age/stage, when to check in with your doctor, and how to stay healthy.

**For even more information** on men's health, check out the September [Men's Health Preventive Health Toolkit!](#)



## Quit or Reduce Your Nicotine Use

### Freedom from Smoking

Tuesdays, Sept. 10 – Oct. 22 | 12 – 1 p.m.

Understand your triggers and urges, and get coping strategies to stay committed to quitting. [Sign up to quit.](#)

### Nicotine Reduction Group

Tuesdays, Oct. 1 – 22 | 12 – 1 p.m.

Get customized strategies and support to reduce your use and practice a 24-hour quit. [Sign up to reduce your use.](#)

## One-Room Country Schools | Jerry Apps

Thursday, Sept. 19 | 12-1 p.m.

A book full of memories and recollections from people who learned and taught in one-room schools in Wisconsin. Jerry Apps relays this history through his own vivid recollections, along with the stories told to him by some of the countless students and teachers who populated small country schoolhouses across the state over the years.

[Come share your thoughts in this Book Club.](#)

## Workshops for Weight + Stress

### A Healthy Weigh to Go\*

Monday, Sept. 9 – Sunday, Nov. 3

An [eight-week weight management program\\*](#) with verified weigh-ins, live webinars, exclusive resources, and more!

\*Not open to Medicare, Medicaid, or non-health plan members.

### Stress Management

Tuesdays, Oct. 1 – Nov. 5 | 4 – 4:45 p.m.

A [six-week series that teaches mindfulness techniques](#) as a foundation for managing everyday stress.

## Stay tuned for these upcoming events:

- 10/1 Make Your Move WebMD Challenge\*
- 10/15 Move with a Doc: Menopause + Pelvic Health
- 10/17 Learning Loft: Meaningful Time Management



Explore more at  
[Central.Medica.com/Wellness](https://Central.Medica.com/Wellness)

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