

JANUARY 2024

# Wellness Care Package



As you ring in the new year and start working on your New Year's resolutions, we want to remind you of the many wellness programs that are available to you.

Our wellness programs focus on the whole person across eight dimensions of wellness—making healthy living possible and fun.



# 2024

## Book Club

Brings passionate readers together to talk about inspiring stories during facilitator-guided discussion.

## Learning Loft

Unscripted learning sessions paired with Q&A discussion. Sessions offer education, demonstrations, tips/tricks, and resources on a variety of topics or skills.

## Move with a Doc

Dr. Roopa Shah talks about a health topic for 20 minutes, followed by 10 minutes of Q&A. Listeners are encouraged to be active (move) while listening.

## Nicotine Cessation + Reduction

- **Freedom from Smoking**

A seven-week group program (or 1:1 counseling) that offers a step-by-step plan and support for quitting nicotine (cigarettes, smokeless, e-cigarettes, and vaping products).

- **Reduction + Practice Quitting**

A four-week program for those not ready to set a quit date but interested in reducing use or practicing quitting. We offer strategies and support for reducing use and an opportunity to practice a 24-hour quit.

## Partner Perks\*

Discounts for Health Plan members with businesses that support overall well-being. (e.g., gym memberships, fitness equipment, massage therapy, craft, or hobbies)

## REAL Goals

Set a Realistic, Easy, Attainable, Life goal and use the trackers, education, and tips to get you started.

## WebMD Challenges\*

Member-only\*\* challenges to help you create new health habits like being active, reducing stress, eating better, improving sleep, or being more mindful. Sign up in your **member portal** (\*\*excludes Individual & Family plans).

## Workshops

A multi-week educational program that teaches methods and skills for management of a specific area of health and well-being. Look for stress management and weight management programs in 2024!

## January Events:

### Freedom from Smoking

Tuesdays, Jan. 9 – Feb. 20 | 12-1 p.m.

### Nicotine Reduction + Practice Quitting

Tuesdays, Jan. 30 – Feb. 20 | 12-1 p.m.

### Move with a Doc: Mindset Makeover

Tuesday, Jan. 9 | noon

### Book Club: *Demon Copperhead* by

Barbara Kingsolver

Thursday, Jan. 18 | noon

[Explore more wellness](#)

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