

# Discover what a healthier you can do



We partner with WebMD to offer a variety of programs focused on the whole person across eight dimensions of wellness, making healthy living achievable and fun.

## Wellness programs and features

- **Health Assessment**  
Based on your individual questionnaire results, WebMD provides recommendations for each lifestyle category and a variety of interactive self-management tools are customized to your needs
- **Case Management**  
Provides support through complex health situations
- **Wellness Care Package**  
A monthly brochure highlighting programs, education, and health observances
- **Partner Perks**  
Discounts for gyms, spas, golfing, devices, equipment, nutrition, and more
- **Nicotine Cessation**  
Nicotine cessation and vape free programs for families including no-cost medications when appropriate
- **R.E.A.L. Goals (Realistic, Easy, Attainable, Life Goals)**  
Preset goals covering all eight dimensions along with tips and trackers to help you achieve success
- **Preventive Health Toolkits**  
Download our toolkits that include education and awareness for many national observances and seasonally-appropriate topics
- **Events Calendar**
  - Access live, virtual events such as:
  - Move with a Doc
  - Learning Loft
  - Webinars covering the eight dimensions of wellnessLearn more at [DeanCare.com/Events](https://www.deancare.com/events)
- **Nutrition**  
Members can access WebMD resources, challenges, webinars and a monthly Made from Scratch newsletter

### Health Assessment Example

#### YOUR LOWEST RISKS ARE...



Emotional Health



Tobacco



Cervical Cancer Screening

#### YOU SHOULD WORK ON...



Blood Pressure



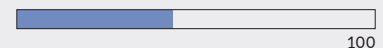
Stress



Safety

#### OPTIMAL YOU IS 100

You scored a 41 out of 100



Members 18 and older may be eligible to earn gift cards\*

See back for details

**DeanHealthPlan**  
by  Medica.

# Living Healthy

Your comprehensive wellness program.

## You may be eligible to earn rewards\*

We want to reward you for your healthy lifestyle. It's one of the many reasons Living Healthy has its rewards.



### Here's how it works:

Choose the healthy activities you want to complete



Each completed activity is worth reward points



Rewards come in the form of gift card(s) of your choice to many national retailers, restaurants and other popular merchants

All rewards **MUST** be redeemed **by the end of the calendar year.**

## Living Healthy Rewards 2024 will focus on Preventive Health Services

Prevention or early detection of common diseases is the best way to live your healthiest life. We offer common preventive and screening services that are proven to improve health. Always check with your primary care provider to determine which tests are appropriate for you.



### Immunizations:

Influenza, Varicella, Tetanus, Meningococcal and Pneumococcal



### Cancer screenings:

Mammogram, Colon Cancer (FIT testing, Cologuard, Colonoscopy) and PAP smear



### Other screenings:

Chlamydia, Gonorrhea, HIV, Hepatitis C, Diabetes and Depression

\* Check with your plan administrator for reward offerings specific to your plan. Only Dean Health Plan members, ages 18 and older, are eligible for Living Healthy Rewards. Your employer may be required to report health plan-issued incentives as taxable income. Dean Health Plan may be required to report incentive payment information to your employer. Your health information is protected by federal law and will not be shared with your employer. Adult dependents (ages 18 and older) who are covered under a family member's policy may earn rewards with Dean Health Plan's Living Healthy Rewards program.



## Questions about Living Healthy?

Visit [DeanCare.com/LivingHealthy](https://DeanCare.com/LivingHealthy) to learn how to access your Living Healthy portal.

