

WELLNESS CARE PACKAGE

July 2022



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

Motivation to “Tri” and Move More this Summer

Physical activity is one of the best ways to help improve your overall physical and mental health. Join this NEW Living Healthy challenge*, **Tri-Fitness**, to get moving this summer. During this 21-day campaign, you will select an activity level (beginner, intermediate or advanced), then complete and track your weekly activity—focusing on all components of fitness (aerobic, strength, and flexibility). No matter your fitness level, this challenge can help you set and reach new physical activity goals.

Log in to your [member portal](#) and click the Living Healthy tile to register for this challenge starting June 26. The challenge runs July 11 through July 31.

Plus, earn Living Healthy rewards points* for participating. Points are automatically loaded to your account at the end of the challenge when you log at least 14 of 21 days.

Living Healthy* Reminders:

- Need help logging in? [Sign up](#) for 1:1 assistance.
- Living Healthy, powered by WebMD, is also available in Spanish. [Instrucciones para visualizar WebMD ONE en Español](#)
- Don't forget to log your activities and redeem your rewards points by Dec. 31, 2022!



Pick a “Word of the Month”

Research shows that having a positive attitude helps improve health, happiness and opportunities. Intentionally select a Word of the Month to help cultivate a positive attitude. Check out this [REAL Goal](#) for a list of words and tips.

Tip: The next time you're prompted to change a password, incorporate your word and reflect on what it means to you every time you login.

Upcoming Programs

Tues., July 12	Move with a Doc: Skin Care 101 <i>Review of general skin care, sunscreen, concerns about moles, and cancer.</i>
Wed., July 20	Webinar: Nature's Health Benefits <i>Learn about the physical and mental benefits of time spent in nature.</i>
Tues., July 26	Book Club: Building Happier Kids <i>By Hansa Bhargava, MD, FAAP</i>

Visit wellfirstbenefits.com/events to view all upcoming programs



Interested in something else? [Explore all Health & Wellness programs](#)