

Be A Healthier You

Your comprehensive wellness program



LivingHealthy
POWERED BY WebMD | health services

Dean Health Plan in partnership with **WebMD** offers a variety of programs focusing 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. A variety of interactive self-management tools are customized to your needs.

Health Coach:

Get expert support if you have diabetes, COPD, asthma, heart failure or coronary artery disease.*

Case Management:

Provides support through complex health situations.

Partner Perks:

Discounts for gyms, spas, golfing, devices, equipment, nutrition, etc.

Tobacco Cessation:

Tobacco cessation and vape free programs for families. Free medications may be available.

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.

Wellness Webinars:

Covering all eight dimensions available 24/7.



*Dean Health Plan shares secure claims information with WebMD. This data is only shared for the purpose of identifying health coaching opportunities through WebMD Condition Management program.

Your lowest risks are...



You should work on...



Optimal YOU is 100

You scored a 41 out of 100



See back for details



Earn up to \$150 in rewards!


DeanHealthPlan
A member of SSM Health

Living Healthy Rewards

Your rewards. Your choice.



Earn up to \$150 in rewards!

Dean Health Plan will reward you up to **\$150*** 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

Points
500

Each completed activity is worth reward points (example: 500 points = \$50)



Earn up to 1,500 points for a maximum of \$150 per calendar year **(before December 31)**



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

* 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.

† Covered adult children (ages 18 and older) can earn up to \$100 per year for completing healthy activities; however, they are not required to complete the Health Assessment.

To learn more about Living Healthy Rewards and how to redeem reward points through your Living Healthy portal.

Visit deancare.com/livinghealthy



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Kickoff Activity

Online Health Assessment†

You must complete this activity before you can redeem your reward

500

Screening/Exam Activities

Annual preventive office visit **200**

Virtual Visit **75**

Annual dental visit **75**

Annual flu vaccine **75**

Immunizations **50**

Where to go for care **50**

Well-Being Activities

Complete Mental Health Assessment **75**

R.E.A.L. Goal **75**

Read a Book **75**

8 Dimensions Intro Video **50**

Watch Webinar Series Video **50**

Watch Harvard Happiness Study - Ted Talk **50**

Tobacco-free User **50**

Explore State & County Parks **50**

Submit Advance Directive forms to your physician **25**

Volunteer your time **25**

Foodsmart Activities

NutriQuiz **100**

Meal Planner **50**

ReTake NutriQuiz **100**

Living Healthy Portal Activities

Various Challenges
Participate in a variety of monthly challenges to earn points. **15-175**

Daily Habits **100-400**

Sync device **25**

Health topic self-assessment **20-240**

Health Tracker **2-360 per tracker**

All rewards **MUST** be redeemed before December 31, 2021.