

2025 APRIL

Wellness Care Package



Diabetes Prevention Program[†]

Thursday, April 24 | 12-12:45 p.m.

One in three U.S. adults has prediabetes — a major risk factor for type 2 diabetes. There are often no symptoms, so you may not even know you have it until serious health issues show up. The good news is prediabetes can be prevented or delayed with lifestyle changes.

That's where the yearlong Group Lifestyle Balance program can help. The program is open to eligible members[†], who meet the program requirements, at no cost.

The program focuses on:

- Lifestyle changes to prevent diabetes and lower your risk for heart disease
- Healthy eating to safely lose weight
- Slowly and safely increasing physical activity
- Problem solving and staying motivated

[Sign up](#) or learn more about the program and requirements.

Learning Loft: Anxiety Unscripted

Thursday, April 17 | 12-12:30 p.m.

Anxiety is one of the most common conditions in the world, and we don't talk about it enough! Talking about anxiety can help normalize it for you or your friends and family.

Gather your questions, thoughts, and ideas, and join us to talk about anxiety. We'll provide a few strategies and coping skills to help with symptom reduction, then open it up for Q&A and conversation.

[Sign up](#) for the unscripted chat.

WebMD Challenges*

Stress Less* | March 31 – April 20

Improve stress and resiliency by spending five minutes a day on a relaxing or stress-reducing activity.

Healthcare Navigation* | April 7 - 25

Make health insurance easy to understand with answers and resources for often asked questions.

The Invitational* | April 28 – June 1

A five-week steps challenge. Sign up April 7-27 only.

[Sign up for challenges](#) in your member portal*.

[Need help?](#) Get 1:1 Living Healthy help

Monthly observances

Alcohol Awareness Month

Excessive alcohol consumption is the leading preventable cause of death in the U.S. Recent studies say that even moderate drinking has health risks.

[Learn more](#) and try one of the mocktail recipes.

Stress Awareness Month

Your body can cope with a certain amount of stress, but if left unmanaged, stress may lead to some serious health conditions. [Learn more](#) and try a few stress management tips.



Explore more

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*Available to insured members only, excluding Individual and Family plans and SSM Health employees

†Available to insured members only, excluding Medicare/Medicaid members and State of WI/Federal Government employees