

AUGUST 2024

Wellness Care Package

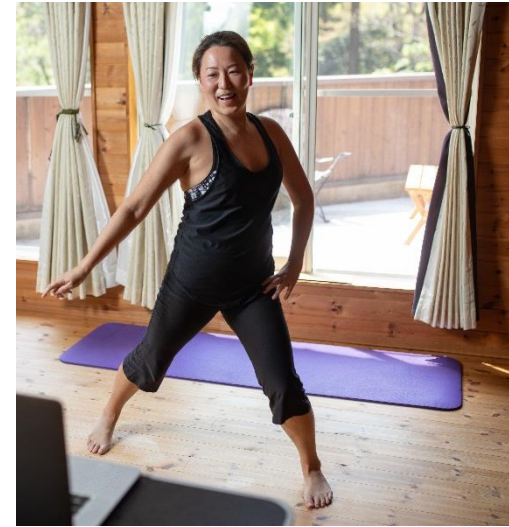


Tri-Fitness Challenge*

Monday, Aug. 5 – Sunday, Aug. 25

Physical activity is one of the best ways to help improve your overall physical and mental health. And, short-term fitness challenges—like this one—are connected to positive behavior changes, increased productivity habits, and overall better quality of life. Each week you'll track your weekly activity—focusing on all components of fitness (aerobics, strength, and flexibility). No matter your fitness level, this challenge can help you set and reach new physical activity goals.

[Sign up in your member portal*](#) (Living Healthy tile). Registration is open throughout the challenge. **Need help?** [Request 1:1 Living Healthy help.](#) *Open to Medica Central Insurance Company members only, excluding SSM Health employees, Individual and Family plans.



Back to School, Back to Colds

Tuesday, Aug. 13 | noon

As kids head back to the classroom, they, unfortunately, also get back to sharing germs that lead to common school illnesses.

[Join Move with a Doc](#) as Dr. Roopa Shah reviews common diseases kids get, what to watch out for, and some tips to stay as healthy as possible this fall.



Parenting Unscripted

Thursday, Aug. 15 | noon

Parenting can be tough, and it doesn't come with a manual. Sometimes, sharing with other parents is the best handbook for raising kids.

[Join us for an open forum-style Learning Loft](#) to share your experiences, struggles, and strategies and discuss parenting. We can't guarantee we'll have all the answers, but we do promise to listen without judgment.

Other events:

- 9/9 – Money Matters WebMD Challenge*
9/29 (registration opens 8/26)
- 9/17 Move with a Doc: Monitoring Men's Health
- 9/19 Book Club: One-Room Country Schools



Freedom from Smoking

Tuesdays, Sept. 10 – Oct. 22 | noon

Taking your first steps to quit can be hard, but finding your way to a nicotine-free life is easier with the right help. That's why we're here—sign up for Freedom from Smoking and we'll help you identify your patterns and routines and tackle your barriers to quitting. Plus, we'll give you tools and techniques to maintain long term success.

Ready to quit? [Sign up for Freedom from Smoking.](#)

We also have a [Nicotine Reduction Group](#) program if you're not quite ready yet. Both programs support all nicotine users (e.g., cigarettes, chew, e-cigarettes, vaping).



A Healthy Weigh to Go*

Monday, Sept. 9 – Sunday, Nov. 3

An eight-week weight management program with exclusive resources, live webinars, virtual wellness discussions, and more. This program goes beyond physical activity and nutrition, with a whole-person approach, covering topics in all dimensions of wellness.

[Sign up now*](#) for help reaching your personal weight goals.

*Medicare, Medicaid, State, Federal, and non-health plan members are not eligible to participate.

Explore more at
MO-Central.Medica.com/Wellness

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