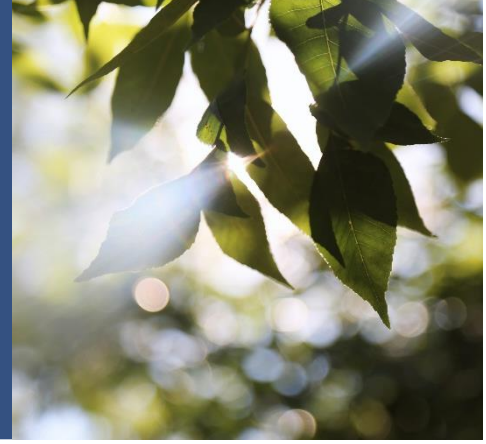


2024 DECEMBER

# Wellness Care Package



## New Year's resolutions

Most resolutions don't last past February, but it can take more than two months for a new habit to become automatic—66 days to be exact. Don't give up on yourself this year and stick to your goal with these helpful tips:

- **Be specific** with your goal and include a plan.
- **Write it down and post it** where you can see it.
- **Create accountability** by sharing your goal and progress with someone.
- **Be consistent.** Set a schedule for yourself and put reminders on your phone or calendar.
- **Break your goal down** into smaller tasks.
- **Track your progress** using trackers or apps.
- **Expect mistakes** and lose all-or-nothing thinking; it takes time to create habits.
- **Remember why** you're making this change.
- **Celebrate wins**—even the small ones!

Use the December [New Year's SMART goals](#) toolkit for help setting a goal and reaching it. You can also find preset goals and get more information on specific topics on our [REAL Goals page](#).

## December events

- **12/17:** [Move with a Doc: Open Wide](#) – mouth health
- **12/19:** [Learning Loft: Wellness Wisdom](#) – ten tips for a healthier, happier you

[Check out our events](#) for more programs.



**Explore more**

Visit [Central.Medica.com/Wellness](https://Central.Medica.com/Wellness)

## We're here for you

Whatever your goal may be, we have programs and resources to help you with the most popular New Year's resolutions.

- [Made from Scratch](#) (nutrition newsletter)
- [Mental health](#) (services\* + resources)
- [Nicotine cessation + reduction](#)
- [Partner Perks](#)\* (member discounts)
- [Video library](#)
- [Living Healthy WebMD Challenges](#)\*\*

## GIFT yourself with good health

**G**et your cancer screenings. Prevention or early detection is the best way to be the healthiest you.

**I**mmunizations and vaccines can prevent diseases, and staying up to date protects you from illness.

**F**ind out more about preventive health. Our [toolkits](#) have education on a variety of topics.

**T**ake care of your [mental health](#). Free resources as well as services/treatment options\* for members.

Plus, you can earn [Living Healthy reward points](#)\* \* for taking care of you! Don't forget to redeem your points for rewards before December 31.



\*Programs are available to insured members only.

\*\*Programs are available to insured members, excluding individual and family plans and SSM Health employees