

OCTOBER 2024

Wellness Care Package



Make Your Move WebMD Challenge*

Monday, Oct. 7 – Sunday, Oct. 27

Physical activity is important for your overall health and well-being and has many benefits. Studies show that any amount of activity is better than none, so find what works for you—run, walk, bike, swim, dance, play, or do chores (e.g., rake leaves, garden, vacuum).

This challenge will help you build a fitness routine or simply move more each day.

[Sign up in your member portal*](#) (Living Healthy tile) anytime during the challenge. **Need help?** [Ask for 1:1 Living Healthy help.](#)

**Open to Health Plan members only, excluding Individual and Family plans.*

Fall harvest recipes

Get recipe ideas for how to use your fall fruit and vegetable harvest with [October's Made from Scratch.](#)

Breast cancer awareness

Nearly 240,000 women are diagnosed with breast cancer every year, but early detection and advanced treatments are helping save more lives than ever before. Learn more with the [October Breast Cancer Awareness Month toolkit.](#)

Dental hygiene month

Skimping on your oral hygiene routine leads to plaque build-up, which can lead to other oral health problems. Learn more about keeping your teeth, gums, and mouth healthy with the [October Dental Hygiene Month toolkit.](#)



Menopause + pelvic health

Tuesday, Oct. 15 | 12-12:30 p.m.

Women go through a lot of hormonal changes from the time they start puberty through their menopause years.

[Join Dr. Roopa Shah](#) in Move with a Doc as she talks about menopause, perimenopause, pelvic health, and how to best manage the changes your body goes through.



Meaningful time management

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

Gain a new look at productivity that prioritizes thoughtful decision-making over efficiency.

[Join this Learning Loft](#) for practical tips and more about navigating the modern efficiency trap, making deliberate choices about where to invest your energy, and finding joy in the present moment.



Explore more

visit Central.Medica.com/Wellness

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