

WELLNESS CARE PACKAGE

April 2023



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



Sleep Hygiene

April 11 | noon

Sleep affects so much of your internal and external wellness. Getting enough sleep every night can restore the immune system, reduce blood sugar, keep your heart healthy, improve mood, energy, and mental health function, manage stress, and so much more! Join us on April 11 to learn how you can get bedtime right by creating and sticking to good sleep habits.

[Register for Move with a Doc.](#)



Living Sustainably

April 19 | noon

The decisions you make impact your personal and environmental health. Sustainable living is a philosophy that strives to reduce personal and societal impacts on the environment through positive choices and lifestyle changes. Join us on April 19 to learn more about your impact and how to be green and save money by living a healthier, more sustainable life.

[Register for this webinar.](#)



Advance Care Planning – Beyond the Document

April 27 | noon

If you experienced an unexpected event, would your loved ones know what is important to you?

Advance Care Planning is thinking about what matters most to you at the end of life, communicating your values and preferences, and documenting your wishes. Join us on April 27 to learn more—it's never too early to start your Advance Care Planning process.

[Register for this Learning Loft.](#)



The invitational WebMD Challenge*

Register April 10-30

Being active doesn't have to involve a gym membership or special equipment—it can be as simple as walking. For motivation and to stay committed to getting your steps, sign up for The Invitational Challenge*. Five-person teams compete against a new team each week, for five weeks. The team that walks the most steps each week wins. No team? No problem! You can be automatically assigned to a team.

[Register in your member portal*](#) April 10 through 30. (Click the Living Healthy tile). The challenge runs May 1 - June 4. For login help, [sign up for 1:1 assistance](#).

A Healthy Weigh to Go*

April 11 – July 3

A 12-week, team-based weight management program that goes beyond just nutrition and physical activity. This program takes a whole-person approach with topics in all dimensions of wellness to help you achieve and maintain long-term success.

The program includes:

- Verified weigh-ins
- Live webinars and resources
- Virtual wellness discussions
- Accountability check-ins

[View full program details and register*.](#)

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

Explore all Health & Wellness at wellfirstbenefits.com/wellness