

WELLNESS CARE PACKAGE

March 2023



A Healthy Weigh to Go*

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.

Program includes:

- **Verified weigh-ins:** Individual weight is kept confidential; only the team's cumulative percentage lost will be shared.
- **Live webinars and resources:** Topics include intuitive eating, sleep, ask the dietitian, fiber, brain power meals, mental health, mindfulness, and positive self-talk.
- **Virtual wellness discussions:** 1:1 appointment to better understand and develop a plan to address your goals.
- **Regular accountability check-ins:** Track your progress and hold yourself accountable to your goals and team.

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

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

Upcoming Events



3/6 – 3/26

[Tri-Fitness WebMD Challenge*](#)

3/14 at noon

[Move with a Doc: Autoimmune Diseases and Arthritis](#)

3/15 at noon

[Webinar: Wellness at Your Fingertips](#)

3/23 at noon

[Book Club: *Where'd You Go Bernadette*](#)

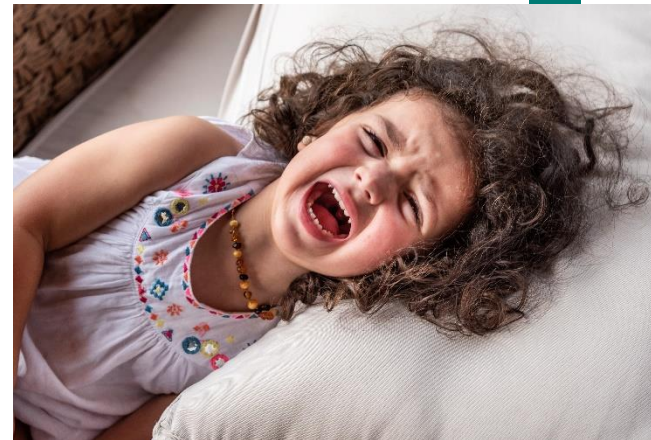


NEW Parenting Workshop – Tantrums: Toddlers to Teens

Tantrums, meltdowns, and outbursts. They come in many forms and at all different ages. The behavior is often confusing and exhausting for both child and parent. But although it's a normal part of childhood, it doesn't make the behavior easy to parent.

If you're wondering how to better handle the inevitable tantrum, join us for this new parenting workshop session on tantrums. Understand why kids (toddlers through teens) have tantrums and learn strategies to try when they do. This workshop will be 20 minutes of presentation, followed by 10 minutes of Q&A.

[Register to attend on Wed., March 8, at noon.](#)



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

Find more wellness programs at wellfirstbenefits.com/wellness.