

2025 FEBRUARY

Wellness Care Package



A Healthy Weigh to Go[†]

Monday, Feb. 24 – Sunday, Apr. 20

Need a little boost or help with your weight management goals? This weight management program might be just what you need.

This eight-week program goes beyond just nutrition and physical activity. It takes a whole-person approach to your well-being and covers topics in all dimensions of wellness to help you reach and maintain long-term success.

The program includes the following:

- A kick-off event
- Verified weigh-ins
- Live webinars
- Exclusive resources
- 1:1 virtual wellness discussions

[Sign up for the program[†]](#) and kick-off event on February 24 at noon.

[†]Medicare, Medicaid, and non-health plan members are not eligible to participate.

21 Days to Positivity WebMD Challenge*

Monday, Feb. 3 – Sunday, Feb. 23

Being grateful helps you feel happier, healthier, and more fulfilled. It also helps with stress and has a positive effect on your heart rate. This challenge will help you lower your stress levels by promoting a positive mindset. Simply write down three good things about your day for 21 days.

[Sign up in your member portal*](#) anytime during the challenge.

[Need help?](#) Get 1:1 Living Healthy help.

**Challenges are available only to Health Plan members, excluding Individual and Family plans and SSM Health employees.*

Move with a Doc: Heart Health Essentials – Blood Pressure + Cholesterol

Tuesday, Feb. 11 | 12-12:30 p.m.

This month, Dr. Roopa Shah unpacks the essentials of heart health, exploring how blood pressure and cholesterol play a part in long-term heart health. She'll explain the roles of each, how they affect your cardiovascular system, and steps you can take to monitor and manage these health markers. [Sign up.](#)

Learning Loft: Dishin' it with Jenni

Tuesday, Feb. 20 | 12-12:30 p.m.

In honor of American Heart Month, this Dishin' it with Jenni will focus on preparing heart-healthy recipes. What foods are part of a heart-healthy diet? What does a day of eating heart-healthy look like? Join Jenni for breakfast, lunch, dinner, and snack ideas your heart will love. [Sign up.](#)



Explore more

Visit MO-Central.Medica.com/Wellness



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

†Programs are available to insured members, excluding Medicare/Medicaid members