

# WELLNESS CARE PACKAGE

## December 2021

PREVEA360  
health plan™

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

## Save Money This Holiday Season

*using your Health  
Plan benefits*



### ✓ Review the '[Money Matters](#)' List

Whether you need help with budgeting, saving, retiring or paying off debt, explore this comprehensive list of activities to complete various financial tasks.

### ✓ If You Use Tobacco, Quit

Participate in either of two free [tobacco cessation](#) programs (Quit for Life\* and Freedom from Smoking). Medications and nicotine-replacement therapy options are also available at no cost for plan members.

### ✓ DIY Your Holiday Gifts

Get creative and make personalized holiday gifts. You don't have to spend a lot of money and most people love homemade gifts. Some ideas include [earrings](#) or [photo coasters](#).

### ✓ Learn [Shopping Tips & Tricks](#)

This webinar has some great tips and tricks that will make shopping experiences easier on you and your pocketbook.

### ✓ Participate in Free, Fun Social Events

Check out the [upcoming health and wellness programs](#) such as book clubs, learning loft and more.

### ✓ Practice Healthy Habits

Taking care of yourself and living a healthy lifestyle can save money in many ways:

- Exercising can decrease the risk of chronic health conditions and diseases which, in turn, can lower health bills.
- Quitting bad habits can eliminate costly, extra expenses.
- Eating healthier and planning meals can help you stick to a budget and spend less on take out.
- Caring for your own well-being can lead to better health and fewer sick days.

Explore our [REAL Goals program](#) and set a goal that will help you live a healthier (and wealthier) life!