DeanHealthPlan.
A member of SSM Health

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

Save Money This Holiday Season

using your Health Plan benefits

✓ **Redeem your [Living Healthy Rewards](#)***
Log your healthy activities by the end of the year in order to earn up to $150 in wellness rewards! Earn your first 500 points, worth $50, by taking the Health Assessment. Then log activities such as your annual preventive health visit, watching webinars, exploring parks, and more! Adult dependents, age 18-26, can also earn up to $100 in rewards.

✓ **Use your [Partner Perks](#)* Discounts**
If you're thinking about joining a gym to start the new year, or just owe yourself a massage, check out the various wellness discounts offered through the Partner Perks program. We've partnered with many local businesses to get you a deal just for being a member!

✓ **Participate in Free, Fun Social Events**
Check out the [upcoming health and wellness programs](#) such as book clubs, learning loft and more.

✓ **Use #HPHY at any Dane County Park**
Take a picture while at a Dane County Park and post on Facebook or Instagram using #HPHY ([Healthy Parks, Healthy You initiative](#)) to win a prize *(post set to public)*.

✓ **Use your [Foodsmart](#)* Benefits**
Avoid the impulse endcap purchases by using this platform for meal planners, digital grocery lists, and discounts on healthy food in your area. You also earn Living Healthy points just by using Foodsmart.

✓ **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.

✓ **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.

Interested in something else? [Explore all Health & Wellness programs](#)