

Tri-Fitness Challenge*

Monday, Aug. 5 – Sunday, Aug. 25

Physical activity is one of the best ways to help improve your overall physical and mental health. And, short-term fitness challenges—like this one—are connected to positive behavior changes, increased productivity habits, and overall better quality of life. Each week you'll track your weekly activity—focusing on all components of fitness (aerobics, strength, and flexibility). No matter your fitness level, this challenge can help you set and reach new physical activity goals.

[Sign up in your member portal](#)* (Living Healthy tile). Registration is open throughout the challenge. **Need help?** [Request 1:1 Living Healthy help](#). *Open to Prevea360 Health Plan members only, excluding Individual and Family plans.



Back to School, Back to Colds

Tuesday, Aug. 13 | noon

As kids head back to the classroom, they, unfortunately, also get back to sharing germs that lead to common school illnesses.

[Join Move with a Doc](#) as Dr. Roopa Shah reviews common diseases kids get, what to watch out for, and some tips to stay as healthy as possible this fall.



Parenting Unscripted

Thursday, Aug. 15 | noon

Parenting can be tough, and it doesn't come with a manual. Sometimes, sharing with other parents is the best handbook for raising kids.

[Join us for an open forum-style Learning Loft](#) to share your experiences, struggles, and strategies and discuss parenting. We can't guarantee we'll have all the answers, but we do promise to listen without judgment.

Other events:

- 9/9 – Money Matters WebMD Challenge*
9/29 (registration opens 8/26)
- 9/17 Move with a Doc: Monitoring Men's Health
- 9/19 Book Club: One-Room Country Schools



Freedom from Smoking

Tuesdays, Sept. 10 – Oct. 22 | noon

Taking your first steps to quit can be hard, but finding your way to a nicotine-free life is easier with the right help. That's why we're here—sign up for Freedom from Smoking and we'll help you identify your patterns and routines and tackle your barriers to quitting. Plus, we'll give you tools and techniques to maintain long term success.

Ready to quit? [Sign up for Freedom from Smoking](#).

We also have a [Nicotine Reduction Group](#) program if you're not quite ready yet. Both programs support all nicotine users (e.g., cigarettes, chew, e-cigarettes, vaping).

August is Family Fun Month

Spending time together benefits the health and well-being of the whole family and creates growth and learning. It's the perfect reason to put down the devices and spend some good old-fashioned quality time with each other.

Check out our [August Family Fun Month toolkit](#) to get started! Your family can complete activities together and move ahead on the game board. It doesn't matter how you spend your time together; the important thing is to have fun and create special memories together.

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