



# Beneficial Wellness Newsletter

## Make Weight Loss Sustainable with Virta

The Mayflower Municipal Health Group is excited to share a powerful new program—Virta Health, a program designed to help you achieve meaningful, lasting weight loss and improve your metabolic health. Best of all, this program is available at no additional cost to eligible members beginning July 1, 2026.

### Why Virta Health?

Virta is a clinically proven program helping members improve metabolic health, and achieve sustainable weight loss. It’s a personalized, medically guided approach built for real life.

### A Better Way to Improve Your Health

Whether your goal is weight loss, better blood sugar control, or reducing reliance on medications (including GLP-1s for weight loss), Virta provides the tools, care, and support to help you succeed long term.

### What You’ll Get with Virta

When you enroll, you’ll have access to a full suite of support designed around you:

- A dedicated clinical care team including licensed providers and health coaches
- Nutrition experts who tailor plans to your lifestyle, culture, and budget
- A Virta Starter Kit with tools to help you track progress and stay on course, Starter Kit includes glucose & ketone meter, body-weight scale, electrolyte supplement samples and budget-friendly recipes
- Ongoing 1:1 support through the app—so you’re never on your own

### Maximize Results—With or Without GLP-1s

Virta is uniquely designed to support members both on and off weight loss medications. If you’re using or considering a GLP-1, Virta helps optimize your results with a structured plan and medical oversight focused on long-term success.

## Ready to Explore Virta?

Get started at [go.virta.com/mmhg-info](https://go.virta.com/mmhg-info)

- Virta is available to Mayflower Municipal Health Group (MMHG) members, spouses, dependents, COBRA participants, ages 18 and older and retirees who are enrolled in an active, non-Medicare medical plan through Harvard Pilgrim or Blue Cross Blue Shield of Massachusetts. Medex 2 and Medicare PPO Blue FreedomRX members are not eligible to participate in Virta. (\*see page 2 for information on the new Medicare GLP-1 Bridge program)
- This benefit is currently offered to individuals with prediabetes or a body mass index (BMI) of 25 or higher.
- Participants can safely access GLP1 medications for weight loss through Virta. Costs associated with GLP1 medications for weight loss are the responsibility of the member.
- Certain medical conditions may make some individuals ineligible for participation. Start the application process to determine whether you qualify.
- MMHG reserves the right to limit program enrollment based on available funding.

### Hot Topics:

Solve the MMHG Wellness Puzzle **Healthy Summer Snacks** on page 5 for a chance to win a raffle prize!

Welcome new MMHG members from the **Town of Lakeville** and **Old Rochester Regional School District**. We are happy to have you on board!

The information contained in this newsletter can be used to increase your personal awareness of health and wellness. Always contact your health care provider before beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you and your family.

### Visit our website

[www.MMHG.org/Wellness](https://www.MMHG.org/Wellness)

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### Important Information for all MMHG Subscribers

You are required to notify your employer within 30 days of the following life events:

- ~Change of address
- ~Divorce/Remarriage
- ~Medicare eligibility of yourself or of a dependent
- ~Marriage
- ~Legal guardianship/Birth/Adoption/
- ~Dependent loss of status as a dependent (except for turning age 26)

### Medicare Plan Subscribers

~Medicare primary subscribers and dependents must continue to pay their Part B premium to be eligible for coverage.  
~Medicare Plan subscribers do not enroll in another Part D plan without checking with your benefit coordinator first. Enrolling in another Part D plan could automatically cancel your coverage in your current MMHG plan!

**\*Wow!** Medicare has a new program called Medicare GLP-1 Bridge to help eligible Medicare members pay for certain GLP-1 weight loss medicines with \$50 per month copay. Visit [Medicare.gov](https://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227) for more information.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means, contact us at 774-773-9306 or by email [wellness@mmhg.org](mailto:wellness@mmhg.org) and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

## Healthcare IQ : How to be a Savvy Consumer



*The Healthcare IQ Corner is a regular feature of the MMHG Beneficial Wellness Newsletter. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.*

### Tips When Calling Member Services

Navigating your health insurance benefits can feel overwhelming, but your plan's Member Services department is there to help. A little preparation can turn a potentially frustrating call into a quick, productive experience. Here are some practical tips to make the most of your next call:

#### [Be Prepared Before You Dial](#)

- **Have your ID card handy.** Member Services will almost always ask for your member ID number, group number, and sometimes your date of birth for verification.
- **Write down your questions.** Whether you're asking about coverage, costs, referrals, or claims, putting your questions in a list helps ensure you don't forget anything.
- **Gather relevant documents.** This can include Explanation of Benefits (EOBs), provider bills, prior authorization letters, or prescription numbers.

#### [Call at the Right Time](#)

- **Avoid peak hours.** Mid-mornings and early afternoons on weekdays typically have shorter wait times.
- **Know the department you need.** Many insurers have separate lines for pharmacy, behavioral health, or claims—calling the right one can save time.

#### [Ask Clear, Specific Questions](#)

- Use phrases such as:
  - “Can you confirm whether this service is covered under my plan?”
  - “What is my cost share for this visit or procedure?”
  - “Does this provider participate in my network?”
- If the answer is complex, ask the representative to **walk you through a real example** (e.g., what you would owe for a routine visit).

#### [Take Notes During the Call](#)

- Write down the **name of the representative**, the **time/date of the call**, and any **reference numbers** they provide.
- Summarize what they told you—this will help if you need to call back or if a dispute arises later.

#### [Ask for Clarification When Needed](#)

- Insurance language can be confusing. Don't hesitate to say:
  - “Can you explain that in simpler terms?”
  - “Is there anything else I should know about this coverage?”

#### [Use Your Insurer's Digital Tools](#)

- Blue Cross Blue Shield and Harvard Pilgrim offer mobile apps and online portals where you can review claims, check deductible/out-of-pocket totals, find in-network providers, request ID cards, submit annual fitness reimbursement and more.

#### [Follow Up](#)

- If the representative advises you to take action (such as submitting documentation), do it promptly.
- If you're promised a call back or investigation, mark your calendar so you can follow up if needed.

# LEARN TO LIVE BULLETIN

*Your guide in wellness & mental health*

## Socializing Even When You Feel Anxious

Have you noticed times when seemingly simple things like starting a conversation, attending a gathering, or even responding to a message became overwhelming? Social activities can feel surprisingly difficult when anxiety shows up. And if you've ever found yourself overthinking what to say or avoiding social situations altogether, you're not alone. Social anxiety is common, and while it can feel limiting, there are ways to navigate it with more confidence and self-compassion.



First, it's important to understand that experiencing anxiety doesn't mean something is wrong with you. Anxiety serves an important function by keeping us aware and prepared for life's demands. The problem isn't the anxiety itself, but what happens when we get stuck in it, repeating negative thought patterns or imagining worst-case scenarios that disconnect us from reality. This experience may leave us with a strong impulse to avoid similar situations.

However, avoidance tends to reinforce anxiety over time, making social situations feel even more intimidating. Rather than avoiding the social situations we're anxious about, we want to gradually approach them in small, manageable ways. This might start with making some eye contact, saying hello to a coworker, or attending a gathering for just a short period of time. Each step counts, no matter how small it may seem, and will help you build confidence in social situations over time.

It can also be helpful to adjust the way you think about social interactions. When anxiety is high, it's easy to become overly focused on yourself - monitoring what you're saying, how you look, or how you're being perceived. Curiosity can be a powerful tool here. By gently shifting your attention toward the other person or the environment, you may find some of that pressure lifting. Asking questions and listening closely to others not only helps conversations flow more naturally but also takes the spotlight off you.

Another key is practicing self-compassion. Social anxiety often comes with a harsh inner critic who replays conversations and points out perceived mistakes. When you catch yourself doing this, try speaking to yourself the way you would to a friend instead. Remind yourself that it's okay to feel nervous, that you're doing something challenging, and that effort matters more than perfection.

Finally, it's important to celebrate progress rather than focusing only on outcomes. Especially at first, success doesn't mean always feeling completely calm or having flawless interactions. It might simply mean showing up, staying a little longer than you expected, or trying again after a difficult experience. Over time, these moments will add up to increased resilience and confidence.

## Get Started Today

The more you practice showing up alongside the discomfort of social anxiety, the easier it will become to socialize even when you're feeling anxious. For more tools to help you navigate anxiety involving social situations, consider enrolling in Learn to Live's social anxiety program. You can start immediately or with a quick assessment by scanning or visiting [learntolive.com/partners](https://learntolive.com/partners) and entering access code **MMHG**. Learn to Live is available to you and your family members, ages 13 and older at no cost.

## July On-Demand Webinar: Everyone is Having Fun in the Sun. Why Don't I?

View July's featured on-demand webinar for a chance to win a \$50 Amazon gift card!

Webinar URL: <https://tinyurl.com/SummerBlues2026> (use Access Code **MMHG**)



RESILIENCE | STRESS, ANXIETY & WORRY | TRAUMA |

DEPRESSION | INSOMNIA | SUBSTANCE USE | SOCIAL ANXIETY | PANIC



## Your Guide to Summer Farmers Markets

Farmers markets are one of the best parts of summer, and if you've never been or tend to walk out with only what you recognize, this guide is for you. The secret to a great market trip isn't a shopping list, it's curiosity.

**Before You Go:** Bring cash, a reusable bag, and an open mind. Many vendors do take cards, but some don't. Also, your list from home is less useful here than you'd think. The best farmers market meals start with "what looked amazing" not "what I planned to make."

**What's Peak Right Now:** July and August are prime time. Look for heirloom tomatoes, sweet corn, peaches, summer squash, cucumbers, eggplant, peppers, green beans, fresh herbs, and berries. If you see something you don't recognize, ask. Vendors genuinely enjoy explaining what they grow and how to use it.

**How to Shop Like a Regular:** Go early for best selection - popular items like berries and heirloom tomatoes sell out fast. Go late for deals - vendors often discount what's left in the final hour rather than pack it back up.

**Storage Tips:** Tomatoes lose flavor in the fridge - keep them on the counter. Berries are fragile; refrigerate and eat within a day or two. Fresh herbs last longer standing in a glass of water like flowers. Most other summer produce keeps well loosely wrapped in the fridge for several days.

**Find A Market Near You:** Visit <https://semaponline.org/farmers-markets>

### 15-Minute Summer Veggie Skillet

#### **Ingredients:**

- 2 medium zucchinis, diced
- 2 cups fresh corn kernels (from about 2-3 ears)
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ¼ cup fresh basil or parsley, roughly chopped
- Salt and pepper, to taste

#### **Instructions:**

1. Sauté the Zucchini: Heat the olive oil in a large skillet over medium-high heat. Add the diced zucchini and cook, stirring frequently, for about 3 minutes until it starts to brown.
2. Add Corn and Garlic: Stir in the corn kernels and minced garlic. Cook for another 3 minutes until the corn is tender and slightly charred.
3. Add Tomatoes: Add the halved cherry tomatoes and cook for 1-2 minutes until the tomato skins just begin to shrivel.
4. Toss and Serve: Remove the skillet from the heat. Gently fold in the fresh herbs, salt, and pepper.

## MMHG Wellness– Current & Upcoming Programs

Here's a sample of some of the virtual MMHG Wellness programs that can be easily accessed using your computer, tablet, or smart phone. MMHG Wellness programs are FREE and open to employees, retirees & dependents of MMHG member units. Visit [www.MMHG.org/Wellness](http://www.MMHG.org/Wellness) for a complete schedule of events and description with registration details. Check back often as new programs are added all the time.

### Ongoing

**On Demand Fitness:** FREE 24/7 access to professionally filmed fitness classes.

**Learn to Live:** Free & confidential online mental health Program.

**Virta:** Virta combines personalized nutrition, expert medical support, and real-time data to help you lose weight, lower blood sugar, and restore your metabolic health. Free for eligible members.

**Savory Living:** 12 session online, evidence-based, healthy eating food as medicine program. FREE spots available.

#### **Virtual Mindfulness in Everyday Life**

Wednesdays, 8:30 a.m.

#### **Virtual Strength Training Classes**

Thursdays, 7:30 a.m.

#### **Virtual Yoga Classes**

Mondays & Wednesdays, 5:30–6:30 p.m.

### Upcoming Highlights

#### **Virtual Cardio Dance: Musical Theater**

Thursdays in July, 5:30 p.m.

#### **Webinars**

#### **Building Body Confidence for You and Yours**

July 15, 1– 1:30 p.m.

#### **Brain Over Pain: CBT Tips for Chronic Pain**

July 14, 1-1:30 p.m.

#### **Staying Refreshed and Preventing Burnout**

July 17, 12-12:30 p.m.

#### **Well-Being That Moves with You**

July 22, 1– 1:30 p.m.

#### **Guide to Summer Farmers Markets**

July 29, 1-1:30 p.m.

Visit [www.MMHG.org/wellness](http://www.MMHG.org/wellness)

## WIN A *Popsicle* TO-GO KIT!

Print, solve and return the completed puzzle to MMHG no later than **August 7th** and you'll be entered in a random drawing to win **one of 25– Popsicle Kits**.

You will be surprised to learn how easy it is to prepare fruit and vegetable (yes veggie) popsicles. Learn how to make delicious homemade treats that you can enjoy year-round. This kit includes a bpa free popsicle mold, a tip card, and recipes.

**BONUS: Complete the poll below for a chance to win a \$50 Amazon Gift Card!**

Return your completed puzzle via:

**Email-**

wellness@mmhg.org

**or FAX-**

774-773-9403

**or Mail-**

MMHG

PO Box 6008

North Plymouth, MA 02362

If you would like a printed copy of the puzzle mailed to you call 774-773-3814 or request by email at wellness@mmhg.org.

Your Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

\*Member Unit: \_\_\_\_\_

Mailing Address (to send prize if you're a winner)  
\_\_\_\_\_  
\_\_\_\_\_

Eligibility: Raffle is open to all employees, retirees, dependents 18+ of MMHG member units. \*Your member unit is the municipal entity (town, district, etc.) you work at or retired from.

**Winners will be notified by email on August 11th.**

"Summer has a flavor like no other. Always fresh and simmered in sunshine." Oprah Winfrey

# SOLVE THE MMHG WELLNESS PUZZLE

## *Healthy Summer Snacks*

**Puzzle Directions: Circle or highlight the words in the word search puzzle below. Words appear straight across, backwards, straight across, up and down, down and up, and diagonally.**



ACAI BOWL

BERRIES AND NUTS

CUCUMBER

EDAMAME

FRESH SALSA

FROZEN GRAPES

FRUIT POPSICLE

FRUIT SALAD

FRUIT SKEWER

GUACAMOLE

HUMMUS

PINEAPPLE

SMOOTHIE

WATERMELON

YOGURT PARFAIT

### **BONUS Poll**

#### **What is your favorite healthy summer snack?**

- Fruit Salad
- Homemade Salsa & Chips
- Strawberry Popsicles
- Cucumber, Lime Juice & Chili Powder
- Edamame & Sea Salt
- Blueberry Smoothie
- Hummus and Vegetable Sticks
- Other: \_\_\_\_\_

**Select all that apply and/or write in (other) for a chance to win a \$50 Amazon gift card . We'll share poll results in the next newsletter!**  
Discover these programs and others at [WWW.MMHG.ORG/WELLNESS](http://WWW.MMHG.ORG/WELLNESS).



# See Brighter Days!



Don't miss your chance to join the **Brighter Days Challenge!** From **July 20-31**, choose a self-guided program designed to help you manage stress, beat depression, improve sleep, and more — and earn a chance for an Amazon e-gift card just for taking that first step toward feeling better.



- Enroll in a Learn to Live program  
or
- Complete a lesson in your program

Get started by scanning or visiting:  
[learntolive.com/partners](http://learntolive.com/partners)  
enter code **MMHG**



Learn to Live offers free online mental health programs for employees and their families (ages 13 and up).

## Mayflower Municipal Health Group



P.O. Box 6008  
N. Plymouth, MA 02362

[www.MMHG.org](http://www.MMHG.org)  
Contact us at [wellness@mmhg.org](mailto:wellness@mmhg.org)

PLEASE  
PLACE  
STAMP  
HERE

### MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:

Bridgewater ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Dartmouth Fire District No. 3 ~ Greater Attleboro Taunton Regional Transit Authority ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hull ~ Kingston ~ Lakeville ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Old Rochester Regional School District ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~ Scituate ~ Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~ Southfield Redevelopment Authority ~ Upper Cape Technical High School ~ Wareham ~ Wareham Fire District ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~