



# Beneficial Wellness Newsletter

## Fall in Love with Fitness!

It's the perfect time of year to start a fitness program or reboot an existing one. Not only will you get a head start on your New Year's resolutions, you'll also create good habits heading into the holiday season.

According to the U.S. Department of Health and Human Services, being physically active is one of the most important actions that people of all ages can take to improve their health. Here are key guidelines for adults:

- Adults should move more and sit less throughout the day. Some physical activity is better than none. **Even 5 minutes of physical activity has real health benefits.** If you sit at a desk all day, get up and move a little each hour.
- For substantial health benefits, adults should do at least 150–300 minutes of moderate-intensity exercise a week. Anything that gets your heart beating faster counts. **Start**

**with 30 minutes of activity, 5 times a week** (tip- you can break that 30 minutes into 2 – 15 minute sessions).

- Adults should also do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week. **Do activities that make your muscles work harder than usual.**

Walking, hiking, and cycling are great cooler weather activities the whole family can enjoy. Chores like cleaning the house, raking leaves and shoveling snow count!

If the gym is more your thing, now's the time to look into a membership— and beat the New Year's rush. Check out [www.mmhg.org](http://www.mmhg.org) for information regarding your annual fitness benefit and the back page of this newsletter for money saving coupons for local gyms.

### Your Fitness Benefit Reimbursement

**Did you know that MMHG members can get money back each year for participating in a qualified fitness program?**

**And beginning July 1, 2019 that benefit amount increased to up to \$300 year!**

Blue Cross Blue Shield Members click [HERE](#) and Harvard Pilgrim members click [HERE](#) for more information on your fitness reimbursement!



### Happy

### Thanksgiving!

#### Hot Topics:

**Coming Soon!** New Mayflower Municipal Health Group Website!

**Don't Miss Out!** During the month of November eligible MMHG BCBS Members can earn a \$25 Target gift card for taking an online workshop. Click [HERE](#) for details.

**WOW!** Get back up to \$150 annually for participating in a qualified weight management program! For details BCBS members click [HERE](#) and HP members click [HERE](#).

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## New! Mind Body Online Challenge

**November 18th– December 22nd**

The holiday season is a busy time of year. To manage the inevitable stress, it's important to keep both the mind and body healthy with a balance of physical and restorative activity. In addition to staying physically active, the practice of meditation/mindfulness can improve well-being by sharpening concentration, boosting energy, and reducing stress and anxiety.

In this online challenge, participants earn MMHG/Wellable Points for completing guided meditation sessions and tracking physical activity for a chance to win prizes. At the end of the challenge, participants will receive resources to continue the practice of meditation on their own. Click [HERE](#) for the program flyer (with prize & registration information) or visit [www.mmhg.org](http://www.mmhg.org) and click on the "Wellness" tab. **Registration begins November 12th.**

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.

# Healthcare IQ Corner: 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.*

## Regular Check-Ups are Important

You maintain your car, your house, your computer. But are you taking enough care of yourself? Getting preventive care is one of the most important steps you can take to manage your health. Here are 4 reasons why:

1. Regular checkups with your primary care provider (PCP) can help identify lifestyle changes you can make to avoid certain conditions like diabetes.

## Primary & Preventive Care

2. Regular preventive care can lead to earlier diagnosis and easier treatment.
3. Your PCP can help you determine which screenings and immunizations are right for you, as well as help you manage chronic disease conditions like high blood pressure. Your PCP can refer you to a specialist when you need one.
4. Having a trusted relationship with a doctor, who can see the big picture of your full medical history, is important in maintaining your overall health.

By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life.

### Resources:

Click [HERE](#) for Preventive Screening and Guidelines for Healthy Adults

Click [HERE](#) for a schedule of recommended Immunizations and Screening Tests for Healthy Children



## Free Regional MMHG Wellness Event

***“Everything You Want To Know About Municipal Retirement”***

***(& what you can do now to plan for a Healthy Retirement)***

**Wednesday,**

**November 20, 2019**

**5:00- 6:30 P.M.**

**Hanover Town Hall**

For program flyer & registration information click [HERE](#) or go to [www.mmhg.org](http://www.mmhg.org). Call 774-773-9306 if you have questions.

Save \$35- \$65 per month on your brand name prescription drug copay!

## **CanaRx Prescription Drug Program**

***Wow- Get your brand name prescriptions with no copays!***

Did you know that the MMHG offers to non-Medicare HMO and PPO (BCBS & HP) members a cost saving international mail order drug program for brand name prescriptions— with no copays? The program is administered by CanaRx and does not replace your current prescription drug plan. Visit [www.MMHGRx.com](http://www.MMHGRx.com) to learn more!

## Savvy Consumer Tips:

- ⇒ Make sure you get the results from every screening, test, and lab work you receive. Ask how long it will take to get the test results. If the doctor doesn't call you with the results, call the doctor's office to ask for them. And if you don't understand what the results mean, ask the doctor or nurse to explain them to you.
- ⇒ Under the Affordable Care Act (ACA) group health plans may not impose costs sharing for preventative coverage. Coverage of certain preventative services is also required. For more information BCBS members click [HERE](#) and HP members click [HERE](#).

## Attention Medex/Blue Medicare RX PDP Subscribers:

November is open enrollment for Medex/ Blue Medicare RX (PDP) subscribers with an effective date of January 1st— check your mailbox for important information from your benefit coordinator.

### Important things to know:

- Do not voluntarily enroll in another Medicare Part D plan because it will cancel your enrollment in your current MMHG Blue Medicare RX PDP plan/ Medex 2 plan.
- You will be receiving the Annual Notice of Coverage package from CVS Caremark in the first few weeks of November. This package will include the 2020 Blue Medicare RX PDP formulary. Please take the time to review this formulary to see if any of your drug tiers or coverage will change.
- You must continue to pay your Medicare Part B premium timely in order to remain eligible for MMHG coverage.
- Visit [www.mmhg.org](http://www.mmhg.org) for new calendar year 2020 plan materials for Medex/ Blue Medicare RX (PDP).

## Solve the MMHG Wellness Puzzle— Smart Snacking!

**Solve and return the completed puzzle to us no later than December 15th (be sure to include your name and email address) and you'll be entered in a random drawing to win a \$25 Gift Card!!**

**Email:**

**wellness@mmhg.org**

**Mail:**

**MMHG**

**65 Cordage Park Circle  
Suite 110**

**Plymouth, MA 02360**

**FAX—**

**774-773-9403**

Do you find yourself needing an energy boost mid-morning or later in the afternoon? Why not reach for a snack? A healthy snack can help prevent overeating at meal time, improve blood sugar control, and can contribute to the intake of important nutrients. Solve the MMHG Word Search Puzzle by finding healthy snack choices!

L	I	T	B	I	H	S	Q	M	C	X	A	U	S	D
J	F	E	O	W	T	Y	O	G	U	R	T	J	D	A
E	I	H	T	O	O	M	S	N	E	E	R	G	E	E
H	B	S	R	A	B	U	T	K	R	E	T	E	E	N
Q	E	R	E	A	L	R	L	B	R	S	G	M	S	E
P	A	R	N	T	A	O	R	R	A	M	R	A	N	R
C	H	A	B	I	A	G	C	O	E	K	A	M	I	G
R	N	U	L	A	C	D	T	O	P	A	P	A	K	Y
A	N	M	M	O	L	O	N	F	H	R	E	D	P	B
V	I	U	H	M	D	T	G	R	W	C	S	E	M	A
X	V	T	D	A	U	M	E	J	O	N	K	E	U	R
P	K	C	C	J	P	S	E	A	X	C	C	R	P	L
R	P	O	S	D	N	O	M	L	A	S	P	N	A	V
D	V	C	L	E	M	E	N	T	I	N	E	O	D	D
A	E	L	P	P	A	K	Z	O	U	D	E	H	P	W

**CONGRATULATIONS to  
Vicky Campanile  
from Whitman.**

**Vicky won a \$25 gift card  
for solving the "Farmers  
Market" word search puzzle  
from the summer newsletter!**

### **Smart Snacking for Families**

- Teach children the difference between everyday snacks, such as fruits and veggies, and occasional snacks, such as cookies or other sweets.
- Swap out your cookie jar for a basket filled with fresh fruit.
- Skip the soda and sugary drinks. Choose water instead!
- Dip veggies and whole wheat pita in hummus for a fun snack!

ALMONDS

APPLE

AVOCADO TOAST

BANANA

CARROTS

CLEMENTINE

DARK CHOCOLATE

DATES

EDAMAME

ENERGY BAR

GRAPES

GREEN SMOOTHIE

HERBAL TEA

HUMMUS

PEAR

POPCORN

PUMPKIN SEEDS

TRAILMIX

### **Make-It-Yourself Trail Mix**

#### **Ingredients:**

1/4 cup pumpkin seeds

1/4 cup walnuts

1/4 cup peanuts or sunflower seeds

1/2 cup almonds

1/4 cup dark chocolate chips (70 percent cocoa or higher)

1/4 cup dried cranberries

1/4 cup golden raisins

#### **Directions:**

Combine all ingredients in a bowl. Scoop out 1/4 cup servings for on-the-go snacks. Makes 8 servings.



### **Smart Snacking Tips:**

- ◇ Stop what you're doing and take the time to eat your snack mindfully, without distractions.
- ◇ Need an afternoon energy boost? Choose a tablespoon of almond or peanut butter and apple slices.
- ◇ Satisfy a craving for sweets with a mug of herbal tea. Sweeten with a little honey.
- ◇ Carry a small bag of nuts or a piece of fruit with you so you won't be tempted by candy and chips in the vending machine.
- ◇ Popcorn can be a healthy snack, full of fiber, and low in calories. Air popped is a good choice or prepare on the stove (it's easier than you think). Go easy on the salt and sprinkle with your favorite spice blend or nutritional yeast.
- ◇ Make Kale Chips! Mix 1 cup bite size pieces of kale, one tablespoon olive oil, and up to 1/2 teaspoon of salt together in a bowl. Place kale pieces on a parchment-lined baking sheet and bake at 350°F for 10–15 minutes. Watch them closely, as they can easily burn. Toss with one tablespoon of parmesan cheese and enjoy!



## Impacts of Mismanaged Single-use Plastics

Content Source: [SINGLE-USE PLASTICS A Roadmap for Sustainability \(2018 U.N. Report\)](#)

### Threats to economy:

- ⇒ Tourism
- ⇒ Fisheries
- ⇒ Agriculture

### Impacts on Human Health:

- ⇒ Aggravation of natural disasters (drainage system blockages)
- ⇒ Toxic fumes if burned
- ⇒ Contamination of water sources
- ⇒ Food chain contamination

### Impacts on Environment:

- ⇒ Loss of Biodiversity
- ⇒ Ocean Pollution
- ⇒ Land Pollution

# Reducing Single-Use Plastic at Home

## What Are Single Use Plastics?

According to a [2018 U.N. Environment report](#), single-use plastics, often also referred to as disposable plastics, are “commonly used for plastic packaging and include items intended to be used only once before they are thrown away or recycled”.

Examples of commonly used single use plastics include plastic bottles, plastic drinking straws, plastic shopping bags, polystyrene foam and plastic take-out containers, plastic packaging, plastic forks, spoons and stirrers, and plastic coffee cup lids.

According to the [U.N. report](#) only nine per cent of the nine billion tons of plastic the world has ever produced has been recycled. Most ends up in landfills, dumps or in the environment. Most plastics do not biodegrade. Instead, they slowly break down into smaller fragments known as microplastics. Studies suggest that plastic bags and containers made of ex-

panded polystyrene foam can take up to thousands of years to decompose, contaminating soil and water.

Tackling the problem of single use plastic will require governments, businesses, and individuals to act together. As individuals, where to we even begin to change our plastic habits?

## You Can Reduce Single-Use Plastic at Home

Change is difficult, and takes effort. But, once you make a conscious decision to reduce the use of single-use plastic in your everyday life it will become routine.

Start small by making one or two changes, like using **reusable shopping bags**, and by not buying plastic water bottles (use a **reusable water bottle** instead). Once you've made these changes you can try implementing other ways of reducing single-use plastic at home.

## Ways to Reduce Plastic Use

- ~Refuse, reduce, reuse, recycle
- ~Use reusable shopping bags.
- ~Invest in reusable water bottle/ travel mug (for hot/iced coffee or tea)/reusable travel cutlery.
- ~Stop using plastic straws.
- ~Don't use plastic wrap/bags to store foods, use jars, and reusable glass containers.
- ~Use a metal razor with replaceable blades.
- ~Purchase food, like cereal, pasta, and rice from bulk bins and fill a reusable bag or container.
- ~Use bar soap instead of liquid soap.
- ~Use a reusable produce bag, buy loose fruits and vegetables.
- ~Make your own [cleaning products](#).
- ~Bring your own container for leftovers when dining out.
- ~Choose cardboard over plastic bottles and bags.
- ~Use a reusable coffee pod rather than plastic in your Keurig coffee maker.
- ~Use bamboo toothbrushes.
- ~Buy plastic toys and other items second hand.

## MMHG Wellness Schedule November & December 2019

### Online Challenge:

[Mind Body Challenge](#) 11/18-12/22

### Group Exercise Classes:

[Yoga](#) (Halifax Town Hall) Wednesdays 4:30– 5:30 PM 11/6,11/13,11/20 12/4,12/11,12/18

Yoga (Bridgewater Town Hall) Mondays 4:30– 5:30 P.M. 11/18, 11/25, 12/2, 12/9. 12/16

[Zumba Toning](#) (Reed Building, Kingston) Thursdays 4:30– 5:30 P.M. 11/7,11/14,11/21,12/5,12/12,12/19

### Lunch & Learn Webinars:

[Fatigue– is it Really Just a Lack of Sleep?](#) 11/20, 12:00–1:00 P.M.

[Immunity Boosters- Beat Colds & Flu with Superfoods](#) 12/5, 1:00-2:00 P.M.

[Mindfulness & You](#) 12/11, 12:00– 1:00 P.M.

### Seminars:

[Preparing for a Healthy Municipal Retirement](#) (Hanover Town Hall) 11/20 ,5:00– 6:30 P.M.

### Cooking Classes/Demos:

[Cooking Demo: Soup & Salad for Cozy Fall Dinners](#) (MMHG Offices) 11/21, 5:00– 6:00 P.M.

*For more information visit [www.mmhg.org](http://www.mmhg.org) (click on the Wellness tab).  
Register for classes, seminars, & cooking demos at [wellness@mmhg.org](mailto:wellness@mmhg.org).  
Schedule is subject to change, check [www.mmhg.org](http://www.mmhg.org) for updates.*



*Wild Medicinal Plants of New England Seminar at MMHG offices.*



### **Pumpkin's Impressive**

#### **Nutrient Profile**

[www.healthline.com](http://www.healthline.com)

RDI= Reference Daily Intake

One cup of cooked pumpkin contains:

Calories: 49

Fat: 0.2 grams

Protein: 2 grams

Carbs: 12 grams

Fiber: 3 grams

Vitamin A: 245% of the (RDI)

Vitamin C: 19% of the RDI

Potassium: 16% of the RDI

Copper: 11% of the RDI

Manganese: 11% of the RDI

Vitamin B2: 11% of the RDI

Vitamin E: 10% of the RDI

Iron: 8% of the RDI

Small amounts of magnesium, phosphorus, zinc, folate and several B vitamins.

### **Simple Roasted Pumpkin Recipe:**

[www.nutritionaction.com](http://www.nutritionaction.com)

Cut the bottom and top off a sugar pumpkin, and remove pulp & seeds. Cut pumpkin into slices, or peel and cut into chunks. Then toss with olive oil and season with ground cumin, coriander, and cinnamon. Roast in an oven at 400° F until tender and browned in spots, about 25-35 minutes. Eat the slices like you would slices of cantaloupe. You can serve the chunks as is, or mash like potatoes. Add a handful of chopped toasted walnuts if you like. Got leftovers? Turn them into a creamy soup by puréeing with caramelized onions, garlic, and vegetable stock.

## **The GREAT Pumpkin– A Nutritional Powerhouse**

Content source: [www.healthline.com/nutrition/pumpkin](http://www.healthline.com/nutrition/pumpkin)

Nothing symbolizes autumn more than the pumpkin. We decorate our porches with them, carve and illuminate them, and bake them into pies for thanksgiving. The supermarket is full of pumpkin spice *everything* this time of year.

Not only is pumpkin delicious, it's super nutritious too:

- Pumpkin gets its bright orange color from beta-carotene, which is converted to vitamin A in the body. A one cup serving provides 245% of the recommended daily intake of Vitamin A! Vitamin A is key for good vision, a healthy immune system, and cell growth.
- Pumpkin is a good source of Vitamin C which can also boost your immune system.

- Pumpkin is a good source of vitamin E, iron and folate.
- Pumpkin has under 50 calories per cup and is a good source of fiber.
- Pumpkin is a good source of potassium, vitamin C, fiber and antioxidants, which has been linked to heart health benefits.
- Pumpkin seeds are edible, delicious, and a great source of protein and healthy fats!

It's easy to find pumpkin in not-so-good-for-you baked goods, but for health benefits treat it as a vegetable. Stir pumpkin puree (canned or prepared) into oatmeal, yogurt, soups, chilis, pastas, and casseroles. When buying canned puree, make sure there are no added ingredients (like sugar, salt, spices).

### **Pumpkin Oats**

#### **Ingredients:**

1 cup Rolled oats  
1½ cups Water  
½ cup Low-fat milk or non-dairy alternative  
½ cup canned pumpkin  
1 teaspoon pumpkin pie spice  
2 teaspoons Honey, or Maple Syrup

#### **Directions:**

Heat water over medium heat in a saucepan until bubbles form. This takes about 3–5 minutes.

Stir in oats. Cover and lower heat to low. Cook oats until thick, about 5 minutes. Lift lid and stir every minute or two. Stir in milk and other ingredients.

Cook for 3–4 more minutes. *Optional: Top with walnuts or pecans, chia seeds, pumpkin seeds. Serves 3*

### **Pumpkin & Turkey Chili Recipe**

*Whole Foods Market Recipe*

#### **Ingredients:**

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion chopped
- 1 green bell pepper chopped
- 2 jalapeño peppers seeded and finely chopped
- 2 cloves garlic finely chopped
- 1 pound ground turkey
- 1 (14.5-ounce) can diced tomatoes undrained
- 1 ¾ cups cooked pumpkin puree (or 15-ounce can)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon fine sea salt
- Ground black pepper to taste
- 1 (15-ounce) can kidney beans rinsed and drained

#### **Method:**

Heat oil in a large pot over medium high heat. Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently, until tender, about 5 minutes. Add turkey and cook until browned. Add tomatoes, pumpkin, 1 cup water, chili powder, cumin, salt and pepper and bring to a boil. Reduce heat to medium low and add beans. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve. Top with avocado slices and roasted pumpkin seeds. **HINT:** Make the chili vegetarian by substituting another can of beans for the turkey.



### **To Make Roasted Pumpkin Seeds:**

After removing from pumpkin, clean, wash, and boil the pumpkin seeds in salted water for 15-20 minutes. Then dry the seeds completely, season, and roast in a 350° oven until crunchy around 30-40 minutes (check often and stir to make sure they don't burn.)

## Staying Ahead of Cold & Flu Season

Cooler weather, shorter days and longer nights conjure images of cozy times at home in front of the fireplace. It also marks the beginning of cold and flu season, a less pleasant part of the season,

According to the [Centers for Disease Control and Prevention](#) (CDC), adults get an average of 2-3 colds a year and children even more. Flu season usually begins in October and peaks over the winter months. [Blue Cross Blue Shield of Massachusetts data](#) found *70,000 members* were diagnosed with the flu or pneumonia during the 2018-2019 season!

**Getting your flu shot can minimize your risk of getting the flu.** And good hygiene habits like [washing your hands](#) often (or using hand sanitizer if you don't have access to soap and water), and avoiding touching your eyes, nose, and mouth with unwashed hands, can help protect you from both cold viruses and the flu.

But what else can you do stay healthy during cold and flu season and boost your immune system?

⇒ Aim for getting immune boosting vitamins and minerals through your diet. Eat a wide variety of colorful

fruits and vegetables, including citrus, apples, leafy greens, broccoli, winter squashes, mushrooms, garlic, ginger, herbs and spices.

- ⇒ Limit processed and sugary foods.
- ⇒ Get 7-9 hours of sleep each day.
- ⇒ Drink plenty of liquids, mostly water, avoid soda and alcohol.
- ⇒ Manage stress—click [HERE](#) for tips.
- ⇒ Exercise—at least 150 minutes a week or 30 minutes a day.
- ⇒ [Elderberry](#) is often taken as a supplement to boost the immune system and treat cold and flu symptoms. Click [HERE](#) to learn more.
- ⇒ Make a batch of soup on the weekends and enjoy throughout the week. Chicken soups and vegetable soups will warm and nourish you!

### FREE “Lunch & Learn” Webinar Immunity Boosters– Beat Colds & Flu with Superfoods

**Thursday, December 5th  
1:00- 2:00 P.M.**

In this webinar you'll learn:

- About immune optimizers and zappers
- What the role of an antioxidant is in disease prevention
- Which seasonal superfoods improve immune function
- Which superstar fruits and vegetables you should incorporate into your daily diet for optimal health

**Click [HERE](#) to Register**

[https://zoom.us/webinar/register/WN\\_n7JKS5SRoKADZZMaYIfdw](https://zoom.us/webinar/register/WN_n7JKS5SRoKADZZMaYIfdw)

### Ginger, Lemon & Honey Tea

**1-inch fresh ginger root, peeled**

**1 cup water, boiling**

**1 tablespoon lemon juice, freshly squeezed**

**1 tablespoon honey**

Peel the ginger and grate into a teapot, or large measuring cup. Pour 1 cup boiling water over the ginger and let it steep for 3-5 minutes. While the mixture is steeping, put the lemon juice and honey in a large mug. Strain the ginger tea into the mug. Stir to dissolve the honey, taste, and add more honey or lemon juice to taste. Serve hot.

### **Flu shots for MMHG members enrolled in Blue Cross Blue Shield and Harvard Pilgrim plans are covered at a number of convenient locations:**

- ⇒ Your Primary Care Physician (PCP) or family pediatrician
- ⇒ Participating MinuteClinics and other urgent care clinics
- ⇒ Participating retail pharmacies
- ⇒ Public and community-based clinics — contact your town or state's health department
- ⇒ Your employer may host flu clinics for staff; check with your HR department

### **Reducing Holiday Stress– Quick Tips:**

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned.
- Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot.
- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.
- Share the tasks. You don't have to do everything yourself. Share your "to do" list with others.
- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

### Practice Gratitude

How often do you feel thankful for the good things in your life? [Studies suggest](#) that making a habit of noticing what's going well in your life could have health benefits. Here are ways to increase positive emotions by being thankful every day:

- Take a moment. Think about the positive things that happened during the day.
- Journal. Make a habit of writing down things you're grateful for. Try listing several things.
- Savor your experiences. Try to notice positive moments as they are happening.
- Relive the good times. Relive positive moments later by thinking about them or sharing them with others.
- Write to someone. Write a letter to someone you feel thankful toward. You don't have to send it.
- Make a visit. Tell someone you're grateful for them in person.



### **Important Information for 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
- ⇒ Birth/adoption/legal guardianship
- ⇒ Dependent loss of status as a dependent (except for turning age 26)

### **Blue Cross Blue Shield Members: [www.bluecrossma.com/ahealthyme](http://www.bluecrossma.com/ahealthyme)**

The ahealthyme website is your own personal wellness planner and resource for health information.

#### **Create your own action plan:**

- A health assessment that gives you a personal wellness score
- Self-paced workshops on topics like healthy eating and quitting smoking
- Nutrition and exercise trackers to keep you motivated

#### **Learn about health your way:**

- Read articles, tips and the Healthy Times newsletter
- Watch videos, listen to podcasts

Whatever your health goals are— from losing weight to managing stress— ahealthyme can help get you there.

### **Your Acupuncture Benefit**

***Effective July 1, 2019, All MMHG BCBS & HP Plans Include Benefits for Acupuncture. Check out your plan summaries at [www.mmhg.org](http://www.mmhg.org) for more details.***

Results from a number of studies suggest that acupuncture may help ease types of pain that are often chronic such as low-back pain, neck pain, and osteoarthritis/knee pain. It also may help reduce the frequency of tension headaches and prevent migraine headaches.

Therefore, acupuncture, when performed by an experienced, well-trained practitioner appears to be a reasonable option for people with chronic pain to consider.

*~National Center for Complementary and Integrative Health (National Institutes of Health)*

### **Harvard Pilgrim Members: [www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount)**

**Harvard Pilgrim's online wellness program offers you access to health resources, wellness workshops, tracking tools and more!**

- Access preventative care guidelines
- See educational resources on condition and disease management including cholesterol, blood pressure, asthma, ADHD, depression, diabetes, cancer and heart health.
- Take a health questionnaire
- Look up health topics A-Z
- Check out health and wellness publications
- Search online resources via a web library

Visit [www.harvardpilgrim.org/wellness](http://www.harvardpilgrim.org/wellness) for well being support based on where you are in life.





# MAYFLOWER MUNICIPAL HEALTH GROUP



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We're on the web!

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



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Photo: FREE Regional MMHG Zumba Toning Classes in Kingston this Fall

Check out these exclusive coupons  
available to MMHG members.  
More coupons available at  
[www.MMHG.org](http://www.MMHG.org).



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360 Faunce Corner Rd. Dartmouth, Ma 02747 508-995-5600

When you bring this coupon to your local club.



## Free 14-Day Family Trial Membership Mayflower Municipal Health Group

Includes two adults and their children under age 22.  
First time members/guests only. Valid photo id required.

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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 ~ Marshfield ~  
Norfolk County ~ North River Collaborative ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester  
~ 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 ~ Wareham ~ Wareham Fire District ~ West Bridgewater ~  
Whitman ~ Whitman-Hanson Regional School District ~