

# Beneficial Wellness Newsletter

## MMHG Wellness— Ready When You Are

Eat well, be active, manage stress, don't smoke, get a good night's sleep— you know what you need to do to improve your health and feel better. The hard part is getting started and staying the course. That takes motivation, support, and resources.

Wherever you are on your wellness journey MMHG Wellness has programs to inspire and support you as you work towards your health goals. And due to Covid-19 we've made sure these programs are online, free, and easy to access.

Take a few minutes to read this newsletter, and check out the current and upcoming programs and events on page 3. You'll find more details, including registration instructions at our website [www.MMHG.org/Wellness](http://www.MMHG.org/Wellness).

If you have any suggestions, questions or would like to sign up to receive MMHG Wellness updates by email, contact us at [wellness@mmhg.org](mailto:wellness@mmhg.org) or call 774-773-9306. We're here for you and ready when you are!

### Hot Topics:

#### Win a Fitbit Inspire!

Amy D. from Norfolk County won a Fitbit Inspire in a raffle for solving the "Spice it up with Chili Peppers" word search puzzle from the summer newsletter.

This issue's word search puzzle is posted at [www.MMHG.org/wellness](http://www.MMHG.org/wellness) (click on the "Fall MMHG Wellness Puzzle" link). Solve and return the completed puzzle to us no later than December 10th for a chance to win one of five Fitbit Inspires.

**BONUS:** Answer the question at the bottom of the puzzle for a chance to win one of five \$25 gift card vouchers!



### Healthy Holiday Challenge

November 16th– December 20th



Using the Wellable online platform, you will earn points for tracking physical activity, logging meals & snacks (optional), and for other special activities. All participants can win weekly raffle prizes and are eligible to win a prize in the Grand Prize Raffle drawing.

Registration begins November 9th.

Visit [www.MMHG.org/Wellness](http://www.MMHG.org/Wellness) for details.

### MMHG Smart Consumer Programs:

**SmartShopper Program:** (BCBSMA active Members only)- Receive a monetary reward for shopping for high quality lower cost services such as MRIs, colonoscopy, cataract removal surgery, ultrasounds, and more. Earn up to \$250 in cash per procedure!

**CanRx Prescription Drug Program:** MMHG offers non Medicare HMO and PPO (BCBS & HP) members a cost saving international mail order drug program for brand name prescriptions— with no copays! You could save \$35- \$65 per month on your brand name prescription drug copy.

Visit [www.MMHG.org](http://www.MMHG.org) for details on these and other Smart Consumer Programs.

## Coping with Covid-19 Related Stress & Anxiety

**Experiencing stress or anxiety over the health and economic fears brought on by COVID-19 is normal. But, it's important to take steps to acknowledge and cope with these feelings. Here are a few tips that may help:**

**Stay informed, but don't obsess—** While it's important to be informed of the situation, you should not obsess over the news.

**Focus on what you can control—** Focus on things that you have control over, including staying home when possible, washing your hands, wearing a mask, practicing social distancing, and supporting your immune system.

**Connect with friends and family—** Sometimes, the best way to cope with your stress is to talk to a loved one. Leverage technology to safely talk with friends or family during

these times.

**Use healthy coping mechanisms—** There are a variety of healthy ways to mitigate your stress and anxiety; including exercising, making healthy food choices, spending time outside, and meditating.

**Talk to a professional—** If your stress or anxiety is overwhelming, contact a licensed mental health professional, your healthcare provider, or Employee Assistance Program.

### Telehealth Benefit:

Did you know MMHG plans include telehealth benefits, including behavioral health visits?

For more information on how to get started go to [www.mmhg.org](http://www.mmhg.org) (click on the telehealth link and select either Harvard Pilgrim or Blue Cross Blue Shield).

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**Get your FREE 3 month subscription to Calm, the world's #1 app for mental fitness!**

Your premium subscription to Calm includes guided meditations, music, sleep stories, Calm Masterclasses taught by world-renowned experts, content for children and much more! Limited subscriptions are available on a first come first serve basis. Visit [www.MMHG.org/Wellness](http://www.MMHG.org/Wellness) to find out more.

# Healthcare IQ Corner: How to be a Savvy Consumer

## Medex/Blue Medicare RX PDP Open Enrollment



*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.*

### Attention MMHG 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 Medex 2/ Blue Medicare RX PDP plans.

~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 2021 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/benefits](http://www.mmhg.org/benefits) for new calendar year 2021 plan materials for Medex/ Blue Medicare RX (PDP).



### Virtual Chair Yoga Series

-Via Zoom

**November 3rd 10 –10:30 A.M.**

**November 19th 12– 12:30 P.M.**

**December 3rd 12– 12:30 P.M.**

**December 15th 10– 10:30 A.M.**

Chair yoga is beneficial for all ages and abilities, it can be a useful tool while sitting at a desk all day or for those with limited mobility to stretch and strengthen muscles.

In these four sessions, a yoga instructor will guide you through 30 minutes of poses to increase flexibility, strength and promote good posture. For details visit [www.MMHG.org/Wellness](http://www.MMHG.org/Wellness) or call 774-773-9306

## Recipe Redo– Comfort Food Made Healthy

**As the days get shorter and the weather gets colder, it's natural to crave comfort foods that not only warm your stomach but also your soul.**

Comfort foods make us feel nostalgic, safe and cared for (grandma's meatballs or chicken soup). Remember all that baking that happened during the spring lockdown due to Covid-19? Turns out comfort foods help us feel better when we're sad or anxious too. Comfort foods also help us celebrate— think big slices of pumpkin pie with whipped cream on Thanksgiving Day.

But unfortunately, comfort foods tend to be high in saturated fat, sugar, and calories, and are not always healthy. While it's okay to enjoy your favorite comfort foods in moderation, too much can become a problem when you're trying to eat healthier and manage your weight.

But here's the good news— it's entirely possible to make your favorite comfort foods lighter! By making just a few strategic changes, you can satisfy your cravings and feel extra comforted knowing

you did it in a healthier way.

The next time you prepare your favorite comfort food, consider how you can adapt the recipe to be healthier, but still delicious. Consider it a challenge and get creative in the kitchen! Here are a few tips:

#### Use less of some ingredients:

Reduce the amount of less healthy ingredients like butter, sugar, salt, cheese, red meat, etc.

#### Add more healthy ingredients:

Add extra veggies to your recipes. Boost nutrition by adding lentils and beans to stews and tomato sauces, and greens to your casseroles. Add fiber to your meatballs by adding oats. Garlic makes everything taste better!

#### Use Smart Substitutions:

Use olive oil instead of butter, plain yogurt rather than sour cream. Reduce salt in a recipe by adding herbs and spices. Select whole grain versions of pasta, bread and grains. Buy lean ground turkey instead of beef.

### Turkey Sloppy Joes (serves 4)

#### Ingredients:

- 1 tablespoon olive oil
- 2 carrots, coarsely grated
- 1 medium onion, minced
- 1 red bell pepper finely chopped
- 2-3 garlic cloves, minced
- 3 tablespoons tomato paste
- 1 pound lean ground turkey
- 1 can (28 ounces) crushed tomatoes
- 2 tablespoons dark-brown sugar
- 1 tablespoon apple cider vinegar
- 1 teaspoon Worcestershire sauce
- 4 whole-wheat hamburger rolls, split



#### Directions:

1. In a large saucepan, heat oil over medium; add carrots, onion, pepper, and garlic. Cook, stirring occasionally, until softened, 4 to 5 minutes.
2. Add tomato paste and cook, stirring, 1 minute. Add turkey; cook, breaking up meat with a spoon, until no longer pink, 4 to 5 minutes.
3. Add tomatoes, sugar, vinegar, and Worcestershire sauce. Cook, stirring occasionally, until slightly thickened, 12 to 14 minutes. Serve on whole-wheat rolls with a big green salad.



## MMHG Wellness— Current & Upcoming Programs

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

Questions? Send an email to [wellness@mmhg.org](mailto:wellness@mmhg.org) or call 774-773-9306. Reminder: Always check with your health care provider when beginning a new exercise or diet program. Programs are subject to change, cancellation and participation may be limited due to eligibility, space and/or budget.

### Ongoing Programs:

#### **Savory Living**

12 session online, evidence-based, healthy eating food as medicine program. *First 50 get it FREE.*

#### **Wellable On-Demand Fitness**

FREE and unlimited online access to 100+ professionally filmed on-demand exercise classes with top fitness trainers. Now includes guided meditation sessions too!

#### **Calm**

FREE premium 3 month subscription to the world's #1 app for mental fitness. *Limited availability.*

#### **EX Program**

FREE online smoking cessation program.

#### **Online Challenge (Win Prizes)**

##### **Healthy Holiday Challenge**

November 16th– December 20th

#### **Incentive Program (Earn a Gift Card)**

##### **BCBS AHealthyMe Online Workshop Incentive**

September, October, November, December

### Virtual Stress Management & Resiliency

#### Workshops:

##### **Anxiety During Unprecedented Times**

November 10th, 12:00– 1:00 P.M.

##### **Isolation & Loneliness**

November 19th, 1:00– 2:00 P.M.

##### **Financial Wellbeing: Managing Cashflow & Debt**

December 1st 12:00– 1:00 P.M.

### Live Virtual Fitness Classes

#### **Zumba Toning**

October 8,15,22,29 November 5,12,19 December 3,10,17  
4:30- 5:30 P.M.

#### **Chair Yoga**

November 3, December 15th 10:00-10:30 P.M.  
November 19th, December 3rd 12:00– 12:30 P.M.

### Live Virtual Cooking Demos & Webinars:

#### November

##### **Webinar: Weekend Warrior**

November 2nd, 11:00– 11:30 A.M.

##### **Webinar: Giving Back With Positivity**

November 11th, 12:15– 1:00 p.m. *or* November 12th, 2:15– 3:00 P.M.

##### **Webinar: Eat to SURVIVE and THRIVE this Holiday Season!**

November 16th 12:00– 12:30 P.M.

##### **Cooking Demo: Healthy Holidays Cooking Demo**

November 16th, 2:00– 2:30 P.M.

##### **Cooking Demo: Party Perfect- Appetizers Made Healthy**

November 18th, 1:00– 2:00 P.M.

#### December

##### **Webinar: Intuitive Eating**

December 8th, 10:30– 11:00 A.M.

##### **Webinar: Gratitude - A How To Guide**

December 9th 12:15– 1:00 P.M. *or* December 10th 2:15– 3:00 P.M.

##### **Cooking Demo: Healthy Holiday Cooking Demo**

December 15th, 11:00– 11:30 A.M.

##### **Cooking Demo: Have Your Cake & Eat It Too**

December 16th, 1:00– 2:00 P.M.



### **Look what members are saying about MMHG Wellness!**

- ➡ *"MMHG has been committed for years to preventative care. Now during the pandemic, they have gone above and beyond with the online offerings. After 19 years I am putting my gym membership on hold because I have all those programs that will take its place! Thank you." -Donna W. (Hanover)*
- ➡ *"Savory Living program is a wonderful program. I am down 10lbs in a month and feel great. This program is a winner thank you so much for the great programs you offer us!" -Lee G. (Hanson)*

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.

**MAYFLOWER MUNICIPAL  
HEALTH GROUP**



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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 ~

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## **COVID-19 RESOURCES:**

**Blue Cross Blue Shield Members:**

<https://www.bluecrossma.org/myblue/coronavirus-resource-center>

**Harvard Pilgrim Members:**

<https://www.harvardpilgrim.org/myoptions/coronavirus-your-guide-to-care/>

### **Important Information for MMHG Subscribers:**

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

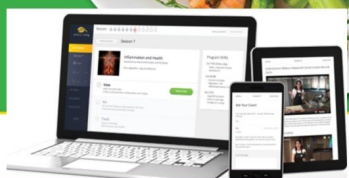
- ⇒ Change of address
- ⇒ Divorce/Remarriage
- ⇒ Medicare eligibility of yourself or of a dependent
- ⇒ Marriage
- ⇒ Birth/adoption/legal guardianship
- ⇒ Dependent loss of status as a dependent (except for turning age 26)
- ⇒ Medex and Medicare primary subscribers/dependents must continue to pay their Part B premium to be eligible for coverage.



## **IMPROVE YOUR LIFE With Food**

**Evidence-Based Healthy  
Eating Applied to You!**

- ⇒ Unique 12-session anti inflammatory nutrition + cooking curriculum
  - ⇒ Use food as medicine – set and achieve YOUR health goals
  - ⇒ Personalized to you. Includes a nutrition coach
  - ⇒ Self-paced, runs online 24x7, on any device
- 95% Say It Works. 4.7 Star Rating!



### **LIMITED OFFER**

The first 50 eligible employees/retirees/spouses from MMHG member units who COMPLETE the free trial & SIGN UP for the program will get it paid for by MMHG!  
All others can save 25%! The program is eligible for reimbursements (FSA, HSA and \$150 Blue Cross Blue Shield Weight Loss Reimbursement).

**FREE Trial. First 50 to sign up get it paid for!**

**Learn more at [www.savoryliving.com/mmhg](http://www.savoryliving.com/mmhg)**

Always consult with your health care provider before beginning a new exercise or nutrition program.