

Beneficial Wellness Newsletter

Join the Healthy Holidays Challenge

'Tis the season...to be healthy!



Hot Topics:

Win a Mindfulness Calendar!

This issue's word search puzzle is posted at www.MMHG.org/wellness (click on the "Fall MMHG Wellness Puzzle" link). Solve and return the completed puzzle to us no later than December 20th for a chance to win one of five Mindfulness Calendars.

BONUS: Answer the question at the bottom of the puzzle for a chance to win a \$50 Amazon gift card!

Prioritizing wellness can be tricky during the hustle and bustle of the holidays, but the **MMHG Wellness Healthy Holiday Challenge** makes it fun and easy for you to make smart choices and focus on your well-being.

Using the Wellable online platform, you will earn Points for tracking physical activity, logging meals & snacks, and for other special activities.

All participants can win weekly raffle prizes and all participants are eligible to win a prize in the Grand Prize Raffle drawing.

Click [HERE](http://www.mmhg.org/wellness) for registration information or visit www.mmhg.org/wellness.

Challenge Details

Dates: November 8th– December 19th

- ❄️ Earn Points for tracking your activity
- ❄️ Earn points for tracking meals & snacks (optional)
- ❄️ Earn points for viewing the [Holiday Health](#) webinar
- ❄️ Registration begins November 1st– click [HERE](#) to learn more.

Prizes

Weekly raffles: Two- \$25 gift card vouchers

Grand raffle* (December 20th):
Five- \$50 Amazon gift cards

*Each Wellable point a participant earns during the challenge equals one entry in the grand prize raffle. So the more you participate (and the more activity you track) the more chances you have to win!

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It's Easy to get your Flu Shot!

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.

Learn more about the flu at
<https://www.mass.gov/influenza>

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.

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 2022 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 for new calendar year 2022 plan materials for Medex/ Blue Medicare RX (PDP).

Virtual Chair Yoga

Tuesdays, November 16, 23, 30

12:00– 12:30 P.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. A yoga instructor will guide you through 30

minutes of poses to increase flexibility, strength and promote good posture.

Click [HERE](#) or visit www.mmhg.org/wellness for more information.

BONUS: Watch a recorded chair yoga class through 11/30/2021 [HERE](#) (Access Code: JK8n+TmQ)



Healthy Tip: Energy Boost

Connecting with friends, listening to lively music, and exercising are great ways to recharge and boost your energy.

More energy boosting tips here:

<https://bit.ly/2U8Widi>



learn2live

We'll help.

Visit learn2live.com/partners and enter MMHG

Available at no cost for employees, retirees, and your families.



Use your phone to scan the QR Code

ONLINE MENTAL HEALTH PROGRAMS FOR: STRESS, ANXIETY & WORRY | DEPRESSION | SOCIAL ANXIETY | INSOMNIA | SUBSTANCE USE

© 2021 Learn2Live, Inc. is an independent company offering online cognitive behavioral therapy programs and services. Learn2Live, Inc. programs and resources are provided in English and Spanish. Through Learn2Live's collaboration with Blue Cross and Blue Shield of Minnesota, Learn2Live programs and resources are available to you and your family members (ages 13+) at no cost, even those who have not enrolled in Blue Cross Blue Shield of Minnesota coverage.

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.



MMHG Wellness Spotlight

Q & A with Sue Levy of Savory Living



In this issue of the MMHG Beneficial Wellness Newsletter we are shining the spotlight on Sue Levy, from Savory Living. We asked her a few questions about her incredible health journey

Q) Can you tell us a little bit about yourself, your health journey and how it inspired you to start Savory Living?

A) My mission is to make millions of lives better with the power of “food as medicine”! I know first hand what’s possible when you can get your eating working better for you. I’m 50 years old and want to take you back to my mid-30s. That’s when my health started to change. I had headaches & digestive issues (IBS, constipation, acid reflux, delayed stomach emptying), my cholesterol & triglycerides were rising, and I got a scary diagnosis that I live with today.

I live with a rare and potentially fatal lung disease called LAM (lymphangioleiomyomatosis). At the time of my diagnosis I was told that I might only have 10 years before I needed a lung transplant. And only 50% of transplant recipients are still alive 10 years after the surgery.

So to hear at 34 years old that I might only live until 54 was show stopping. But I’m an optimist and they said that lifestyle intervention could help. So I went back to school to put into place what the experts in the scientific and medical community had to say about healthy eating to slow down disease. And when done correctly, healthy eating reduces inflammation which is connected to most of the major conditions and

diseases of our time. And when I figured out how to activate it in my life, that’s when my transformation happened and I’ve seen it happen with the thousands of people who have been through my program.

What they tell us is 100% right. How we eat really matters, but changing it can be so hard to do. One size doesn’t fit all, you need an easy way to figure out what works best for you, and you need to learn fast & easy cooking skills to turn it into a lifestyle that you love! I created Savory Living to deliver all of that and put the power of “food as medicine” in EVERYONE’s hands!

Q) What is Savory Living?

A) Savory Living is for people who want to use “food as medicine” and take control of how they eat and feel. We’re an online healthy eating lifestyle program that guides you through easy gradual change as you discover how to eat right for YOU.

You’ll reduce inflammation by crowding in nutrient-rich foods and identifying the foods you don’t digest well. You’ll master the time-saving food & flavoring skills, and get the personal coaching support to stay on track, achieve your goals, create new habits, and turn healthy eating into a lifestyle you love!

Q) How is it different from other programs?

A) Unlike typical diet programs (Noom®, Weight Watchers®, Precision Nutrition®, Whole 30®) who focus on weight, we focus on ALL of you. We get personal and show you how to apply evidence-based healthy eating to your life to reduce inflammation. So you can get to your ideal weight, but also learn how to eat to take control of other inflammatory conditions (digestive issues, headaches, pain, anxiety, depression, health conditions, food sensitivities).

We don’t rely on “food math” (calorie counting, points),

Ready to improve your life with food?

- Savory Living is an 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

MMHG Offer: FREE Trial and Limited FALL offer - 100% paid for by MMHG!

Click [HERE](#) to learn more

restrictive food lists, one-off recipes, or shakes and food. We empower you with the knowledge & skills so you know how to eat well and can do it anywhere.

Our unique 12-session lifestyle change program puts you in control by teaching you evidence-based nutrition principles & easy cooking & flavoring skills, and shows you how to put them into action in your life. We guide you through easy gradual change helping you stay on track so you can discover what works for you, enjoy crowding in TONS of healthy foods, identify what you don’t digest well, and feel confident that you know how to eat right for you for life!

Savory Living Webinar

Eat to Survive and Thrive this Holiday Season!

**Monday, November 15th
12:00– 12:30 P.M.**

Join Sue Levy, the founder of Savory Living, as she shares 8 easy tips to help you eat to reduce inflammation, stay strong, feel better (energy, moods), and avoid the common holiday season food traps. **Attend the live webinar for a chance to win a Fitbit Inspire!**

Register [HERE](#)



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 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 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.

Challenges:

MMHG Wellness Healthy Holiday Challenge
Win prizes! November 8th– December 19th

Ongoing Programs:

Savory Living

12 session online, evidence-based, healthy eating food as medicine program. *Start now and get it FREE.*

Wellable On-Demand Fitness

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

Learn to Live

Free & confidential online mental health program.

EX Program

FREE & confidential online smoking cessation program.

Guided Mindfulness Sessions

Tuesdays & Thursdays 8:30– 9:00 A.M.

Live Virtual Fitness Classes

Chair Yoga

November 16,23,30, 12:00– 12:30 P.M.

Yoga (ongoing)

Mondays & Wednesdays, 5:15– 6:15 P.M.

Zumba (ongoing)

Tuesdays & Thursdays, 5:15– 6:15 P.M.

How to Train your Core

Thursdays, November 4,11,18 1:00– 1:30 P.M.

Healthier Holidays Zumba with Debbie Rafferty

Wednesdays, December 1,8,15,22,29 5:00– 6:00 P.M.

Stretch for your Health

Thursdays, December 2, 9,16 1:00– 1:30 P.M.

Webinars:

Managing Stress and Worry in Uncertain Times
November 9th, 5:00– 5:30 P.M.

Holiday Health

November 10th 12:15– 1:00 PM or
November 11th 2:15– 3:00 P.M.

Gratitude

November 10th, 1:00– 1:30 P.M.

Grief Coping with Loss

November 12th, 1:30– 2:00 P.M. or
December 10th, 1:00– 1:30 P.M.

Eat to Survive and Thrive this Holiday Season

November 15th, 12:00– 12:30 P.M.

Defeating Loneliness for a Better Life

November 17th, 10:00– 10:30 A.M. or
December 15th, 1:00– 1:30 P.M.

Healthy Holiday Baking

November 17th, 1:00– 1:30 P.M.

Nourish your Nervous System

November 30th, 11:00– 11:30 A.M.

Unplug Yourself

December 8th, 12:15– 1:00 P.M. or
December 9th, 2:15– 3:00 P.M.

Holiday Appetizers

December 13th, 12:00– 12:30 P.M.

How to Manage your Time

December 14th, 12:30– 1:00 P.M.

Healthy Holiday Eating

December 15th, 1:00– 1:30 P.M.

Visit www.mmhg.org/wellness to learn more.

Virtual MMHG Wellness Programs

Whether you want to move more, eat well, stress less or quit smoking, MMHG Wellness has you covered. Virtual wellness programs are here to stay because they are convenient, allow you to work at your own pace, and can fit into your busy schedule. MMHG Wellness virtual programs are ready for you when you are— why not get started today?



Wellable On-Demand Fitness

Get **FREE** and unlimited access (through your laptop, smartphone, PC etc.) to 100+ professionally filmed exercise classes with top fitness trainers from across the globe. On Demand Fitness now includes mindfulness classes! Select from workouts to fit your schedule, personal preferences, and fitness goals — available anytime, anywhere! **BONUS: On-Demand Fitness now includes Mindfulness Content and Recipes & Meal Planning!!**

https://www.mmhg.org/sites/g/files/vyhlf1086/f/uploads/wellable_on_demand_fitness_7-1-2021.pdf



Savory Living Healthy Eating Program

Improve your life with food! Savory Living is a 12 session online, evidence-based, healthy eating program. Reduce Inflammation. Achieve YOUR Goals (immunity, weight, digestive issues, headaches, joint pain, energy, cholesterol/blood pressure/triglycerides, diabetes, food sensitivities). Learn Fast Cooking & Flavoring Skills. Self-Paced. Runs Online. Includes a Coach!

https://www.mmhg.org/sites/g/files/vyhlf1086/f/uploads/final_savory_living_flyer.pdf **Enroll now and get it for FREE (limited offer)!**



learntolive

Learn to Live

Based on over 10 years of clinical studies, Learn to Live (L2L) offers online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy. L2L programs for Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia, and Substance Use offer effective tools to help you understand how your mind works and change your behavior patterns. L2L is private, 100% confidential and **FREE** to all employees/retirees/dependents of MMHG member units. **Get started and live your best life !**

https://www.mmhg.org/sites/g/files/vyhlf1086/f/uploads/2021_launch_member_flyer_3_0.pdf

**READY TO
QUIT SMOKING?**

Ex-Program

The EX Program is a FREE and confidential digital quit-smoking program that personalizes the quitting journey for each participant. The interactive, self-paced, guided quit plan provides the specialized support tobacco users need for the behavioral, social, and physical aspects of tobacco addiction. Join 800,000+ smokers who have developed the skills and confidence to live tobacco-free thanks to the EX Program!

https://www.mmhg.org/sites/g/files/vyhlf1086/f/uploads/ex_program_flyer.pdf

Win a Mindfulness Desk Calendar!

Print, solve and return the completed puzzle to MMHG no later than December 15th and you'll be entered in a random drawing to win one of 5 Mindfulness Desk Calendars.

Complete the bonus below for a chance to win a \$50 Amazon Gift card.

Return your completed puzzle by:

Email-

wellness@mmhg.org

or FAX-

774-773-9403

or Mail-

MMHG

65 Cordage Park Circle

Suite 110

Plymouth, MA 0236

If you would like a printed copy of the puzzle mailed to you call 774-773-9306 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(ed) for.

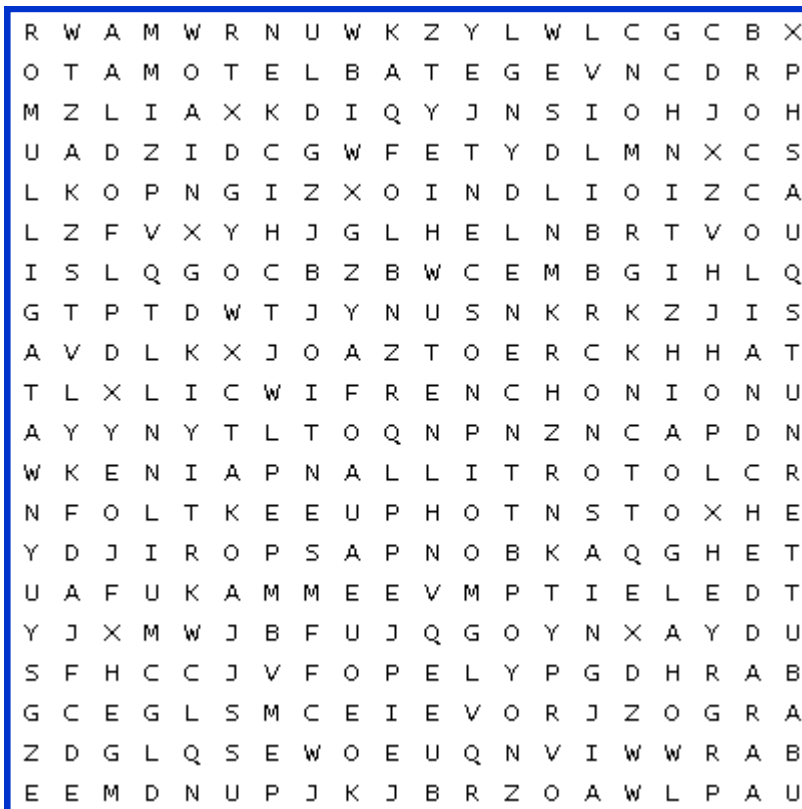
SOLVE THE MMHG WELLNESS PUZZLE

Soup's On!

It's the perfect time of year to get serious about soup!

Not only is soup warming and filling, it's a good way to eat more vegetables. Soup is hydrating, versatile, and easy to make. It's also inexpensive and makes great leftovers. What's your favorite soup?

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



Lentil

French Onion

Pumpkin

Potato Leek

Tomato

Split Pea

Butternut Squash

Vegetable

Corn Chowder

Broccoli and Cheddar

Udon

Beef Barley

Chicken

Minestrone

Pho

Italian Wedding

Tortilla

Mulligatawny

BONUS Poll: What's your Favorite Soup ?

☐ Chicken Soup

☐ Vegetable Soup

☐ Clam Chowder

☐ Other: _____

Select one or write in your favorite (other) for a chance to win a \$50 Amazon gift card. We'll share poll results in the next newsletter!

4 Easy Soup Recipes to Keep you Warm & Happy

Fast Chicken Vegetable Soup

Ingredients:

4 cups chicken broth (low sodium)
8 ounces boneless, skinless chicken breasts, cubed
3 celery stalks, chopped
½ onion, chopped
2 carrots, chopped
2 potatoes, chopped
1 zucchini squash, chopped
10 green beans, chopped into 1 inch pieces
3 cloves peeled minced garlic or 1 teaspoon garlic powder
1 tomato, chopped
1 teaspoons dried basil
1 bay leaf
Pinch of red pepper flakes, optional
Salt and pepper, to taste

Directions:

Add all of the ingredients to a large saucepan. Bring to a boil, then reduce heat and simmer until chicken is cooked through (approximately 30 minutes).

[Adapted from this recipe](#)

Sarah's Spicy Curry Turkey Soup

Ingredients:

1 tablespoon olive oil., 1 tablespoon butter
1 cup onion (diced), 1 cup celery (diced)
1/4 teaspoon salt, 1/8 teaspoon pepper
2 tablespoons flour, 3/4 tablespoon curry powder
1/4 teaspoon cinnamon
4 cups low-sodium chicken broth
2 cups carrots (chopped), 2 cups spinach (chopped)
3 small red potatoes (diced)
3 cups cooked turkey (skin removed, diced)
Optional garnish: cranberry sauce

Directions:

Heat the olive oil and butter in a large pot over medium heat. Add the onion and celery and cook for about 7 minutes, stirring occasionally.
Stir in flour, curry powder, and cinnamon and cook for 2-3 minutes, stirring constantly.
Pour in chicken broth and scrape up any brown bits at the bottom of the pan.
Bring to a simmer. Then add carrots, spinach, potatoes, and turkey.
Bring to a boil. Then reduce the heat to low.
Simmer (covered) for about 30 minutes, stirring occasionally. Garnish with a spoonful of cranberry sauce.
See recipe [HERE](#)

Hearty Black Bean Soup

Ingredients:

3 cups black beans, cooked or use canned
2 teaspoons vegetable oil
1/2 cup onion, chopped
1 tablespoon garlic powder
1 tablespoon chili powder
1 teaspoon ground cumin
1 can (14.5 ounces) Mexican style diced tomatoes
1 cup low sodium vegetable broth or water
1 tablespoon lime juice
Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)

Directions:

Heat oil in a large soup pot over medium heat. Add onion and cook. Stir until onion begins to soften (about 2 to 3 minutes). Add garlic and chili powder and cumin

Add tomatoes, beans, and broth or water. Bring to boil. Reduce heat and simmer for 10 minutes (covered).

Remove from heat and stir in lime juice

Garnish before serving. [Adapted from this recipe](#)

Cozy Lentil Soup

Ingredients:

2 tablespoons olive oil
2 medium carrots, diced
2 medium stalks celery, chopped
1 small yellow onion, chopped
2 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon dried basil
½ teaspoon ground black pepper
2 cups dry lentils
1 can (14 ½ ounces) crushed tomatoes
2 cups vegetable broth
6 ½ cups water

Directions:

In a large soup pot, heat oil over medium heat.
Add carrots, celery, and onions; cook and stir until the onion is tender.
Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.
Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender. [Adapted from this recipe](#)

**MAYFLOWER MUNICIPAL
HEALTH GROUP**



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wellness@mmhg.org

Harvard Pilgrim Members:

Harvard Pilgrim's online wellness program offers you access to health resources, wellness workshops, tracking tools and more! Get started today at:

www.harvardpilgrim.org/wellnessaccount

Blue Cross Blue Shield Members:

The ahealthyme website is your own personal wellness planner and resource for health information. Get started today at:

www.bluecrossma.com/ahealthyme

Click **HERE** to
find out how
you can save
\$\$\$ with
MMHG Smart
Consumer
Programs!

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.

There's an App for that!

Blue Cross Blue Shield and Harvard Pilgrim members can access a convenient, secure way to manage their healthcare by downloading a free member's app.

Blue Cross Blue Shield Members:

MYBLUE Member App

Harvard Pilgrim Members:

Get HPHConnect Member App

Download at no cost from the App Store or Google Play.

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/>



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www.MMHG.org/Wellness



Follow us on Instagram

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 ~