

# Beneficial Wellness Newsletter

## Redefining Emotional Wellness & Finding Resources

*Let's create a more compassionate and inclusive society together!*

### Hot Topic:

Solve the MMHG Wellness Puzzle on page 7 for a chance to win a raffle prize!

### Health Tip:

Are you uncomfortable with the idea of going to therapy? Learn to Live may be the answer for you!

Based on over 10 years of clinical studies, Learn to Live offers online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy. It is available to you and your family at no cost! Click [HERE](#) for FAQ's & Answers about Learn to Live.

Join Thomas Hawkins MD, Senior Medical Director, Population Health, BCBSMA, for a groundbreaking live webinar, [Beyond the Stigma: Redefining Emotional Wellness and Finding Resources](#) on October 24, 2023 at 12 noon.

Dr. Hawkins will discuss the different types of stigmas that exist surrounding mental health, their impact, and the barriers individuals face in seeking help.

- Learn about the different types of stigmas that exist, with insights into their origins and impact on individuals' emotional well-being.

- Explore the positive changes that have taken place in recent years and learn practical strategies to reduce stigma in our society.
- Discover tools to identify and challenge mental health stigma, offer support to those in need, and connect individuals with the resources needed for emotional well-being.

The webinar will provide you with the knowledge and resources necessary to help you navigate the complex landscape of emotional wellness.

Click [HERE](#) for more information.

**Live Webinar:**  
**Beyond the Stigma-  
Redefining Emotional  
Wellness &  
Finding Resources**

**Tuesday, October 24th  
12:00– 1:00 PM**

Register [HERE](#)

[We'll be raffling 3— \\$25 Gift  
Cards among participants in  
the live webinar!](#)

*\*\*A recording will be available to  
view after the live webinar at  
[www.mmhg.org/wellness](http://www.mmhg.org/wellness)*

## MMHG Wellness Fall Walking Challenge Begins October 10th



### Move More! Win Prizes!

The 2023 MMHG Wellness **Move More Fall Walking Challenge** is scheduled to run October 10th through November 20th. The challenge is free and open to all MMHG member unit employees, retirees, and their dependents 18+.

- **Move More** is a 6 week team-based activity challenge with user friendly online tracking through the Wellable platform that helps you view your progress and your team's progress. You'll receive weekly emails with walking tips.
- Your "Team" is your MMHG member unit, the municipal entity (town, district etc.) you work(ed) for. Encourage your co-workers and spouse to join!

- All participants who register for the challenge and log activity each week will be entered in the weekly raffles and grand prize raffle. Click [HERE](#) for details.

### How to Participate

You'll need a MMHG/Wellable Account:

~Create a Account at: <https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with log in instructions and information on how to connect & get started.

~If you already have a MMHG/Wellable Account from participating in previous MMHG Challenges, you're all set! Just log into your MMHG/Wellable account at <https://app.wellable.co/login> and check the challenge bulletin board for information on how to get started.

### Move More and Increase Your Chances of Living Longer!

According to the [CDC](#):

An [estimated 110,000 deaths](#) per year could be prevented if US adults ages 40 and older increased their moderate-to-vigorous physical activity by a small amount. Even 10 minutes more a day would make a difference.

[Taking more steps a day](#) also helps lower the risk of premature death from all causes. For adults younger than 60, the risk of premature death leveled off at about 8,000 to 10,000 steps per day. For adults 60 and older, the risk of premature death leveled off at about 6,000 to 8,000 steps per day.

### Inside this issue:

Wellness & Prescription Medications	2
Take Time for Yourself	3
Finding Help for Alcohol Use Disorder	5
Solve the MMHG Wellness Puzzle: Embrace the Autumn Season	7

# 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.*

## When Focusing on Wellness Don't Stop Your Meds!

By Bob Kademian, RPh, Certified Wellness Coach

If you have been putting more effort into living a healthier lifestyle, great job! You may benefit for a lifetime from your effort today, and the habits you are forming will create results that may benefit you for a lifetime!

## Wellness & Prescription Medications

One wellness component you should not forget is continuing the medications your provider prescribed for you. Having a goal of one day not needing any prescriptions is great, however until your prescriber tells you otherwise, you need to keep controlling any condition you may have with your meds today.

As a result of watching your diet and exercise, your doctor may begin to decrease your medication dosages. However, this should never be done on your own without consulting your provider first. There are many medications that cannot be stopped at once and need to be tapered off, and this should be done under the guidance of a medication expert. Diet and exercise are the first steps when someone is diagnosed with some common diseases such as high blood pressure, high cholesterol, and diabetes; therefore, medications to treat

these conditions may be lowered by your provider as you begin to achieve your goals.

When you are prescribed a drug to treat an on-going disease, it should be no surprise that adhering to the dosing as prescribed results in better health outcomes. If you are watching your diet, exercising regularly, and getting enough rest, you will most likely feel healthier and better! It is important to not minimize the work you have done by skipping doses of your meds. Let your medications and your wellness activities work together to help you achieve more success in your health journey.

**Congratulations on your decision to take the road to wellness!**



## MMHG Medicare Plan Subscribers:



November is open enrollment for Medex 2/Blue Medicare RX (PDP) and BCBS Medicare PPO Blue FreedomRX 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 Medicare plan with MMHG!

~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) beginning November 1st for new calendar year 2024 Medicare plan materials.

## 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.harvardpilgrim.org/public/make-flu-prevention-a-priority-this-fall>

[bluecrossma.org/flu](http://bluecrossma.org/flu)

<https://www.mass.gov/influenza>

# LEARN TO LIVE BULLETIN

*Your guide in wellness & mental health*

**October is National Depression and Mental Health Screening Month**

**Take Time for Yourself**



If you are feeling depressed, you're not alone! About 29% of Americans are depressed.<sup>1</sup>

Here are some things that can help you feel better.

- **Make Physical Health a Priority.** Physical activity is one of the most important things you can do for depression. Just moving your body can help you feel less tired and sluggish.
- **Try Mindfulness and Relaxation.** Make time to meditate, take deep breaths, and relax your muscles to feel calm.
- **Establish a Healthy Sleep Routine.** Create a comfortable sleep environment. Limit use of electronic devices before bed. Avoid caffeine close to bedtime.
- **Do Activities You Enjoy.** Find things you like to do and make time to do them. This can improve your mood, increase your confidence, and give you a sense of purpose.
- **Find Support.** Surround yourself with positive people. This can help you feel less alone.
- **Celebrate the Small Wins.** See your progress and give yourself credit for successes to boost self-esteem and motivation.

Taking care of yourself may not replace professional treatment for depression, but it can help you feel better and improve overall well-being.

<sup>1</sup> Gallup, U.S. Depression Rates Reach New Highs <https://news.gallup.com/poll/505745/depression-rates-reach-new-highs.aspx>

## **Not sure if you're depressed? Get screened.**

Screening for depression can help identify it early on. That can help people get the help they need when they need it. Are you feeling sad for long periods? Have your appetite or sleep patterns changed? Have you lost your energy? Find out if you could benefit from mental health support by getting screened using Learn to Live's assessment, which is available at no cost prior to enrolling in one of our online programs. It only takes 5 minutes to complete, and after you'll get a full overview of your mental well-being.

Get started today at:

[learntolive.com/partners](https://learntolive.com/partners) and enter access code **MMHG**.

If you're already a member, simply [sign in](#) with your username and password. Learn to Live is available to you and your family members, ages 13 and older, all at no cost.



STRESS, ANXIETY & WORRY | SOCIAL ANXIETY  
| DEPRESSION | INSOMNIA | SUBSTANCE USE



# Finding help for alcohol use disorder



## A psychiatrist shares insights into the science, red flags and how to find help

BY DR. XIMENA SANCHEZ-SAMPER | NEWS SERVICE OF BLUE CROSS BLUE SHIELD OF MASSACHUSETTS

*Dr. Ximena Sanchez-Samper is a Blue Cross Blue Shield of Massachusetts psychiatrist and an expert in substance use disorders.*

Amid rising rates of alcoholism, it's important to know the signs and dangers – and how to get help for one of the most treatable forms of substance use disorder.

### A steep toll

Because alcohol is legal, many people minimize or simply don't understand the health risks it poses. We in the field of addiction have learned that as the perceived risk of its harm goes down, the risk of misuse and overuse of a substance goes up.

This makes legal drugs like alcohol potentially more dangerous, especially among younger people whose brains are still developing. Studies show that alcohol use among adolescents impacts both cognitive development, or the way the brain processes information, and neural development, the physical structure of the brain.

Alcohol leads to the deaths, on average, of [140,557 Americans every year](#), including deaths from chronic conditions closely associated with alcoholism such as liver cancer and cirrhosis, as well as acute causes of death such as alcohol poisoning and motor vehicle crashes. The toll is about [double](#) the rate of fatal overdoses caused by drugs like [fentanyl](#).

In the U.S. more than 29.5 million people ages 12 and older have experienced alcohol use disorder, an intense focus on using alcohol to the point where their ability to function in day-to-day life is impaired, according to the [2021 National Survey on Drug Use and Health](#).

Because alcohol lowers inhibitions and impairs judgement, it can lead to an

increase in aggressive behavior such as domestic violence, sexual assault, child abuse and aggravated assault. One [study](#) by the Department of Justice found that nearly 4 in 10 violent incidents involved the use of alcohol.

### Red flags

It may be time to seek help if a person experiences any two of the following conditions within a 12-month period:

- Binge drinking
- The desire or unsuccessful attempts to cut or control alcohol use
- Spending a great deal of time and energy to get, use or recover from alcohol
- Craving alcohol
- Unusual absences or poor performance at work, school or home due to alcohol use
- Continued use of alcohol despite knowing it has caused physical and psychological harms and/or negatively impacted relationships
- Foregoing important or once enjoyable social, occupational, or recreational activities to drink
- Increased tolerance for alcohol and or signs of withdrawal, which range from tremors to nausea to confusion and hallucinations

### Hope and help

Medications, counseling and self-help support groups -- alone and in combination -- can help individuals overcome alcohol use disorder.

First, people struggling with alcohol and those close to them need to know they are not alone. Others have walked this path and reached recovery.

Loved ones should raise the issue with love and empathy. Gently probe to find out if anxiety, depression or other mental health issues are driving the behavior. Start with phrases like, "I care about you..." or "I'm concerned you..."

### Getting started

- Science-based and simple assessment tools can help determine if someone's drinking is a health and safety risk. The [Alcohol Use Disorders Identification Test](#), or AUDIT, is a 10-question assessment developed by the World Health Organization and used by health care professionals and individuals to screen for alcohol use disorder.

- A special assessment called [CRAFT](#) has been developed for adolescents by Boston Children's Hospital's Dr. John Knight who leads the Center for Adolescent Substance Use Research ([CeSAR](#)) at the hospital.
- While both AUDIT and CRAFT can be used by individuals, you should always consult with your health care provider about the assessments and their results. Your physician can then help you get the care you need.
- Medications like disulfiram, naltrexone, tiapride and acamprosate also can be prescribed to help reduce the craving for alcohol.
- Psychiatric counseling can reveal and address underlying mental health conditions that may have led to the misuse of alcohol.
- The Substance Abuse and Mental Health Services Administration offers a 24/7/365 help line at 1-800-662-HELP (4357) and offers an [online treatment locator](#) as well.
- Health insurers, including Blue Cross Blue Shield of Massachusetts, offer resources. Blue Cross members can call a dedicated mental health line at 1-888-389-7764 or use a [Find a Doctor & Estimate](#) Costs tool to find licensed therapists. Members also can visit a [mental health resource center](#), and get help from a team of mental health advocates who are trained to find support.

And self-help groups like [Alcoholics Anonymous](#), and [Al-Anon](#) have helped people struggling with alcohol and their loved ones for decades.

It may take a combination of treatment approaches and several attempts to achieve recovery. But the outcomes of better health, better relationships and a fulfilling life lived on your own terms are worth the work.

Seeking support for substance use disorder is never easy. Here are a few resources to help:

MA Substance Use Helpline:  
**1-800-327-5050 or Text "HOPE" to 800327 ([helplinema.org](#))**

Harvard Pilgrim Members:  
**1-855-780-5955**

Blue Cross Blue Shield Members:  
**1-888-389-7764.**





# Savory Living– IMPROVE YOUR LIFE WITH FOOD

## TAKE CONTROL OF HOW YOU EAT AND FEEL.

Savory Living is a fun 12-session healthy eating & cooking experience that puts the power of healthy eating in your hands!

Discover how food works inside your body. Learn the science behind healthy eating and apply it to your life to solve what you care about (inflammation, moods, energy, weight, pain, headaches, digestive issues, food sensitivities, cholesterol, blood pressure, diabetes, sugar cravings, skin issues).

Learn how to quickly cook and flavor tons of healthy foods to create variety, move beyond “recipe cooking,” and assemble delicious meals and snacks that even the pickiest of eaters will love!

Get the one-on-one support you need as you discover how to eat right for you and turn it into a lifestyle you love and can stick with!

- Proven Culinary Nutrition Behavior Change Program (12 sessions)
- Solve what you care about
- Improve your Diet Quality Score (measure connected to health improvements and inflammation)
- Personalized to you. Includes a private coach
- Self-paced. Runs on any device, on your schedule

**95% SAY IT WORKS. 4.8 out of 5 STAR RATING.**



**Get started at [www.savoryliving.com/MMHG](http://www.savoryliving.com/MMHG)**

**Limited offer: First 20 who sign up and complete the FREE trial will get it paid for by MMHG!**

*"I'm so glad to have tried this program! I've learned to cook and enjoy vegetables in so many new ways. I'm learning to eat better, control sugar intake, reduce inflammation and I'm seeing results. Weight loss and lower cholesterol."*

*Patricia Forts*

# Healthy Game Day Recipes

Whether you're hosting a big tailgate party or simply making snacks to watch the game, there are plenty of options for serving dishes that are nutritious, flavorful *and* delicious! Here are 8 easy snack ideas and 2 easy to prepare recipes for the next game day. And don't miss the Savory Living video on eating healthy on game-day! Click [HERE](#) to watch.

## 8 Easy Snack Ideas:

1. Popcorn tossed with: hot sauce, nutritional yeast or your favorite spice blend
2. Sliced cucumbers & jicama sprinkled with lime juice & tajin powder
3. Baked tortilla chips & salsa
4. Sliced apples & almond butter
5. Guacamole or hummus with carrot & celery sticks
6. Snack board with veggies, nuts, low fat cheese, whole grain crackers etc.
7. Deviled eggs
8. Whole grain pretzels & honey mustard dip



## Slow-Cooker Vegetarian Chili

Serves 8

<https://www.eatingwell.com/recipe/274299/slow-cooker-vegetarian-chili/>

Grab your crock pot for this delicious and easy slow-cooker vegetarian chili with beans, fire-roasted tomatoes, bell peppers and sweet potatoes.

### Ingredients

- 2 (14.5 ounce) cans no-salt-added diced fire-roasted tomatoes, undrained
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 4 cups cubed unpeeled sweet potatoes (see Tip)
- 2 ½ cups unsalted vegetable broth
- 2 cups chopped yellow onion
- 1 cup chopped red bell pepper
- 1 cup chopped yellow bell pepper
- ¼ cup no-salt-added tomato paste
- 1 ½ tablespoons chili powder
- 1 ½ teaspoons ground cumin
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 5 cloves garlic, minced
- 1 cup loosely packed chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 (8 ounce) package Shredded Cheddar cheese

### Directions

Combine tomatoes, beans, sweet potatoes, broth, onion, bell peppers, tomato paste, chili powder, cumin, salt, pepper and garlic in a 6-quart slow cooker. Cover and cook on Low until the vegetables are tender, about 6 hours.

Stir in cilantro and lime juice. Ladle the chili evenly into 8 bowls; sprinkle with cheese, if desired.

## Buffalo Chicken Dip

Serves 9

<https://www.skinnytaste.com/lighter-buffalo-chicken-dip/>

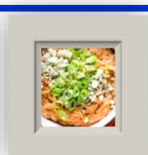
### Ingredients

- Rotisserie chicken
- 4 oz 1/3 less fat cream cheese, softened (Philadelphia)
- 1 cup fat-free sour cream or Greek yogurt, I prefer sour cream
- 1/2 cup Franks red hot sauce, or whatever hot sauce you like
- 1/2 cup crumbled blue cheese
- 1 teaspoon white vinegar
- Scallions, optional for garnish
- Cut up celery sticks and carrot sticks, for dipping

### Directions:

Buy a rotisserie chicken and remove the breast meat from the bones, removing the skin and shred. Save the rest of the chicken for another recipe.

Preheat the oven to 350F. Place chicken in a large bowl, then mix the cream cheese, sour cream, vinegar and hot sauce together until smooth. Add half of the blue cheese and place them in a baking dish. Bake 350F until hot, about 20 to 25 minutes.



  
savory living  
Eat right. Live better.

30 MIN 'TIL  
KICK OFF

Make Your Fav Snacks Healthier

Looking for quick tips to make your favorite Game Day snacks a bit healthier? Watch this [Savory Living video](#) to learn about the "crowd in and lighten" approach that will have you assembling versions that taste great and help you THRIVE!

# MMHG Wellness— Current & Upcoming Programs

Here's a list 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 description/registration details and be sure to check back often as new programs are added all the time.

## Ongoing

**On Demand Fitness:** FREE 24/7 access to professionally filmed fitness classes with top fitness trainers

**Learn to Live:** Free & confidential online mental health program

**Savory Living:** 12 session online, evidence-based, healthy eating food as medicine program. Limited FREE spaces for MMHG members

**EX Program:** FREE online smoking cessation program

**Virtual Mindfulness Sessions:** Tuesdays, Wednesdays & Thursdays, 8:30– 9:00 A.M.

**Virtual Yoga:** Mondays & Wednesdays, 5:15- 6:15 PM

**Virtual Zumba:** Tuesdays & Thursdays, 5:15- 6:15 PM

**Virtual Strength Training:** Tuesdays & Thursdays, 7:30—8 AM

## Upcoming Programing Highlights

**MMHG Wellness Move More Fall Walking & Activity Challenge:** October 10th– November 20th

**Virtual Kickboxing classes:** Thursdays in October, 1– 1:30 P.M.

### Webinars:

**Productivity 101:** October 10th, 10:15– 11 A.M., October 11th, 12:15– 1 P.M., October 12th, 2:15– 3 P.M.

**The Price of Silence- How to Talk about your Mental Health:** October 10th, 10-10:30 AM and October 17th, 5-5:30 PM

**Diets that are Trending Today– What you Need to Know:** October 11th, 1– 1:30 PM

**Improving Memory:** October 18th, 1-1:30 pm

**Beyond the Stigma– Redefining Emotional Wellness & Finding Resources:** October 24th, 12– 1 PM

**Beyond the Jack-O-Lantern:** October 25th, 1– 1:20 PM

## 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](http://www.harvardpilgrim.org/wellnessaccount)



## There's a New & Improved Blue Cross Blue Shield AHEALTHYME Website!

**And MMHG/BCBS members can earn up to \$50 in gift cards!**

Eligible BCBS subscribers enrolled in active non-Medicare plans can earn up to \$50 in Amazon gift cards for participating in the new MMHG AHEALTHYME incentive.

- Successfully complete the Health Assessment by December 31, 2023 to earn 20 points and receive a \$25 Amazon gift card.
- Earn 70 points by May 31, 2024 by completing wellness activities and receive a \$25 Amazon gift card.

Full details available [HERE](http://HERE) and at [MMHG.org/Wellness](http://MMHG.org/Wellness)

## Wellable On–Demand Fitness

MMHG members get **FREE** and unlimited access (through laptop, smartphone, PC etc.) to 100+ professionally filmed exercise classes with top fitness trainers from across the globe. Select from workouts to fit your schedule, personal preferences, and fitness goals — available anytime, anywhere!

**On– Demand Content Includes:** 4321, Barre, Boxing & Kickboxing, Cardio, Core, Desk Exercises, Fitness Fundamentals, HIIT, Low Impact, Mash-up, Mindfulness & Meditation, Pilates, Pre Natal & Post Natal, Self-Massage, Sleep Stories, Strength, Tabata, Warm-up, Cool-Down & Mobility and Yoga

**Details [HERE](http://HERE)**

## WIN A LIVING WELL COOKBOOK!

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 four- Living Well Cookbooks**. The journey to Living Well with food is different for everyone. This spiral-bound cookbook includes over 100 tried and tested recipes (main courses, salads, soups, snacks, apps and more). Find a scrumptious recipe that works for you!

**Complete the bonus poll below for a chance to win a \$50 gift card voucher!**

Return your completed puzzle by:

**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 774-773-9306 or request by email at [wellness@mmhg.org](mailto: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.

**Winners will be notified by email on December 18th and published in the winter newsletter.**

## SOLVE THE MMHG WELLNESS PUZZLE

### Embrace the Autumn Season!

*"I'm so glad I live in a world where there are Octobers." L.M. Montgomery*

Fall is here with cooler weather, changing leaves, and less daylight. It is a reminder that the world around us is always changing. Approaching a new season by focusing on the positive aspects of the time of year can help boost mood and make it easier to adjust and change.

What are your favorite things about autumn? Try embracing the autumn season with enthusiasm and optimism— whether that's hiking and raking leaves or getting cozy with a latte, throw blanket and a good book. See the back page of this newsletter for an Autumnal Mindfulness Practice and embrace the sights, sounds and smells of the season!

**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.



APPLES

COZY

GRATITUDE

PUMPKINS

CANDLES

CRANBERRIES

HALLOWEEN

SOUP

CIDER

FOLIAGE

HIKING

SWEATERS

CINNAMON

FOOTBALL

LATTES

THANKSGIVING

### **\*\*BONUS\*\* Poll**

#### **What's your Favorite Fall Activity**

☐ Apple Picking

☐ Autumn Hikes

☐ Football

☐ Other: \_\_\_\_\_

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



## MAYFLOWER MUNICIPAL HEALTH GROUP



PO Box 6008  
North Plymouth, MA. 02362

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.

### Your Best Shot at Avoiding the Flu

To prevent getting sick, make the following steps part of your routine. Wear your mask when in public, too. The bonus? Some of these good habits also reduce risk of coronavirus. And be sure to stay at home if you think you might be sick to protect others!

- Get your flu shot
- Avoid close contact in public and with people who are sick
- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth
- Get plenty of rest, exercise, fluids, and good nutrition

“Autumn is the season to find contentment at home by paying attention to what we already have.”

~Anonymous

### Information for MMHG Subscribers

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

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



#### Important tips for everyone:

- Take time to read carefully all correspondence from your benefits coordinator. If a response or action is required take note of deadlines.
- Learn about your health plan. Ask your benefit coordinator or visit [www.mmhg.org/benefits](http://www.mmhg.org/benefits) for plan information.
- Download the [Blue Cross Blue Shield member app](#) or the [Harvard Pilgrim member app](#).
- Visit [www.mmhg.org](http://www.mmhg.org) for a calendar of wellness events and more.

## An Autumnal Mindfulness Practice

From [Destress Monday](#)



~To start, step outside, close your eyes, and take a deep breath; let the cool air pass through your nose into your lungs as you smell fully the perfume of fallen leaves.

~Open your eyes and notice the colorful foliage and plumes of smoke spiraling from your neighbor's chimney.

~As you walk around, feel the crunch of the leaves beneath your shoes.

~By being present in the moment, you can ward off negative thoughts and replace them with a more positive state of being.

Contact us at [wellnessmmhg.org](http://wellnessmmhg.org)



[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 ~