

Beneficial Wellness Newsletter

Supporting Health & Wellness During Covid-19

COVID-19

Resources (links):

[Centers for Disease Control and Prevention \(CDC\)](#)

[Massachusetts Department of Public Health](#)

[Blue Cross Blue Shield of Massachusetts](#)

[Harvard Pilgrim Health Care](#)

During this unprecedented time, MMHG Wellness is offering a variety of online resources for members.

MMHG Wellness cancelled all spring in-person wellness events due to the Covid-19 pandemic, and quickly adapted by providing a variety of online wellness opportunities for members.

Virtual programs like [Wellable Live](#), [HP Living Well at Home](#), [live webinars](#) and [online challenges](#) allow members to focus on their well-being when they need it most. Whether it's live streaming a yoga class or mindful meditation class, or viewing a webinar (or watching a recording when it's convenient), there's an option for everyone.

Covid-19 has changed the way we all learn, work, socialize and ultimately how we take care of ourselves. With the shifts and changes to our daily life coupled with looming uncertainty about the future, it is important we remain mindful of the need to maintain our health and wellness. We can do that by establishing new routines and practices that support healthy living and emotional wellness.

Looking ahead, MMHG Wellness will continue to provide new quality online programs and health information to support our members. See page 5 of this newsletter for the June schedule of events and stay updated by visiting www.MMHG.org/wellness.

Online Wellness Opportunities:

Available to all employees, retirees from MMHG member units & their dependents.

Wellable Live:

Access FREE live 30 minute classes Monday– Friday at 12 Noon through Zoom (or view on-demand recordings at your convenience). Programs include rejuvenating yoga, cardio-blast, core-sculpt, strengthening & conditioning, mindful meditation, and more! Click [HERE](#) to find the weekly schedule or at www.mmhg.org/wellness.

HP Living Well at Home with Virtual Wellness Classes:

Whether you are looking to shake it up, stretch it out, or get centered, Harvard Pilgrim has got you covered with a wide variety of FREE programming like Zumba®, yoga, guided mindfulness, and wellness sessions. Easy to access through Zoom, click [HERE](#) for current programs (schedule is being updated all the time). Click [HERE](#) to access past classes on YouTube.

MMHG Wellness Webinars:

MMHG Wellness offers live “lunch & learn” webinars each month. June topics include *Clean Eating*, *Summer Safety*, and *Better Balance Better You*. Visit www.mmhg.org/wellness for webinar program flyers with details including how to register. Click [HERE](#) to view recordings of past webinars.

It's not too late to sign up!



Gratitude Challenge

June 1st– June 28th

The practice of gratitude doesn't just feel good, it can have a profound effect on health, happiness, and overall well-being.

During the 4 Week Gratitude Challenge participants will earn points for tracking activity & completing gratitude challenges—and get a chance to win prizes.

The Gratitude Challenge helps participants become stronger by learning how to develop the important skill of being grateful for all the good things in life, each and every day— especially relevant during these difficult times!

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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.

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.

Covid-19 Provider Resources:

If you haven't already, be sure to visit the Blue Cross Blue Shield (BCBSMA) or Harvard Pilgrim Health Care (HPHC) Covid-19 Online Resource Centers for important information regarding your health plan during the Covid-19 pandemic.

Find out what your health plan is doing to support you during these challenging times.

BCBSMA Members Click [HERE](#)

HPHC Members Click [HERE](#)

Telehealth Benefits

Active MMHG Blue Cross Blue Shield and Harvard Pilgrim members can see licensed doctors and providers for minor medical and behavioral health care using live video visits on their favorite device. All that's needed is an internet connection and a smartphone, tablet, or computer with a webcam.

Blue Cross Blue Shield HMO and PPO Members:

Click [HERE](#) for details.

1. Download the Well Connection app, or visit wellconnection.com 2. Create an account and log in 3. Choose the type of service: medical or behavioral 4. Pick an available provider.

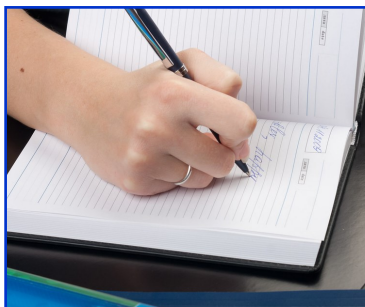
Harvard Pilgrim HMO Members:

Click [HERE](#) for details.

1. Download the Dr On Demand app or visit doctorondemand.com 2. Create an account, log in, and get started.

Well Connection and Doctor on Demand are not meant for crisis or emergency situations. If you are experiencing a crisis or emergency, call 911 or go to your nearest emergency room. You can also access the free, 24-hour National Suicide Prevention Lifeline at (800) 273-8255.

Have you Tried Journaling?



"A personal journal is an ideal environment in which to become. It is a perfect place for you to think, feel, discover, expand, remember, and dream." Brad Wilcox

Did you keep a diary as a child, perhaps tucked under the mattress for safe-keeping? At it's most simple, journaling is writing down one's thoughts and feelings to understand them more clearly. But did you know

that keeping a journal can be a beneficial self-care practice for people of all ages? In fact, journaling can help you:

- ⇒ Achieve goals
- ⇒ Track progress & growth
- ⇒ Gain self-confidence
- ⇒ Improve writing & communication skills
- ⇒ Reduce stress & anxiety
- ⇒ Find inspiration
- ⇒ Increase creativity
- ⇒ Strengthen memory

There are no rules to journaling, find a style that works for you. There are many [different methods](#) including [bullet journaling](#), [gratitude journaling](#), [morning pages](#) and more. *Or maybe just open a brand new notebook and start writing...*

Keeping a Covid-19 journal.

We are living in a truly life-changing historic moment. **Keeping a journal** during the Covid-19 pandemic gives you the opportunity to put into words your experiences and unpack, explore and process your thoughts, feelings, and experiences. Journaling through the pandemic can help you sort out and face your problems and fears and help you grow as a person. Here are some questions to explore in your Covid-19 journal:

- How will the pandemic change your daily life when it is over?
- What have you changed and what will you do to continue to change moving forward?
- What have you learned?

Check it out!

Click [HERE](#) to view the June webinar recording of the month: [Mindfulness & You.](#)

"Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us."
- Mindful.org

Solve and return the completed puzzle to us no later than July 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
FAX: 774-773-9403
Mail:
MMHG
65 Cordage Park Circle
Suite 110
Plymouth, MA 02360

CONGRATULATIONS
Ned Bangs from Marshfield
won a \$25 gift card in a raffle for solving the "Fabulous Fruit" word search puzzle from the Winter newsletter!

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.

Solve the MMHG Wellness Puzzle— MINDFULNESS

*What would it be like if I could accept life –
accept this moment – exactly as it is? ~Tara Brach*

During these challenging times, a regular mindfulness practice can help manage the stress and anxiety you may be feeling.

According to [NIH News in Health](#), studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

Solve this issue's MMHG Wellness word search puzzle— Mindfulness for a chance to win a \$25 gift card voucher (you choose from over 100 vendors)! And don't miss the FREE virtual workshop Mindfulness for Beginners of All Levels this month.



FREE Virtual Workshop **Mindfulness for Beginners of All Levels.**

Tuesday, June 9, 12:00 – 1:00 p.m.
or
Wednesday, June 10, 8:00 – 9:00 a.m.

Ready to take a closer look – or another look – at everything mindfulness has to offer? Join Harvard Pilgrim for a live, virtual workshop where master mindfulness instructor Tara Healey describes not only how mindfulness works—but how it can work for you.

Find out what mindfulness is (and isn't), what meditation has to do with it, how to start, and where to go from there – plus you'll have a chance to ask Tara your questions.

Participate in either Zoom session— both are open to everyone.

No registration required.

[Click HERE to Access June 9 live session.](#)

[Click HERE to Access June 10 live session](#)

<https://www.harvardpilgrim.org/public/why-choose-us/mind-the-moment>

(877) 589-6736

Harvard Pilgrim's Mind the Moment meditation hotline brings you bite-sized moments of mindfulness—available 24/7 from your phone. A little piece of mindfulness is never more than a phone call away.

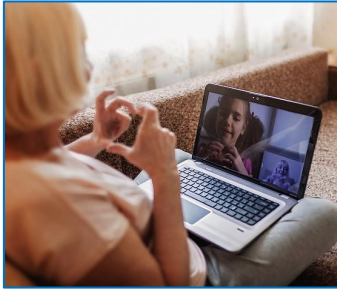
Click [HERE](#) for more mindfulness resources from Harvard Pilgrim's Mind the Moment Program

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CONTEMPLATION

FOCUS
MEDITATION
PEACEFULNESS
PRACTICE
PRESENT
QUIET

REFLECTION
RELAXATION
SERENITY
STILLNESS
TRANQUILITY



Maria Symchych-Navrotska / iStock / Getty Images Plus

Positive relationships with friends and family help us thrive. Without social connections, it's easy to feel lonely or isolated.

Many of us have been spending more time alone in our homes lately. While anyone can feel lonely, certain factors increase your risk. Major life changes or losses can increase feelings of loneliness.

Staying Connected to Fight Loneliness

Older adults are at greater risk because they're more likely to live alone. Mobility issues can make it harder to leave the house. And sensory issues like vision and hearing loss can contribute to feeling isolated.

No matter what your age, it's important for your health to stay socially connected. Loneliness can take a toll. It's linked to higher rates of depression and heart disease, and can weaken your immune system. Here are some strategies to help stay connected if you're feeling lonely.

Get your heart going. Exercise has been shown to reduce stress and boost your mood. Whether

it's sweating to a workout video or taking a walk around your neighborhood, exercise can help.

You might also consider getting a pet. Animals can be a source of comfort and companionship.

Many people are using technology to connect with friends and family virtually. Take time to reach out to others by phone or online. A call or video chat can remind you that you're not alone.

Providing social support or helping others in need can give meaning to our lives and help combat feelings of isolation or disconnection.

Content Source: NIH News in Health

Support your loved ones

Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- ⇒ Telephone.
- ⇒ Email.
- ⇒ Mailing letters or cards.
- ⇒ Text messages.
- ⇒ Video chat.
- ⇒ Social media.

Build a Better Salad

Eating a wide variety of colorful fruits and vegetables provides nutrients vital for the health and maintenance of your body. Experts recommend 5 servings *or more* a day which isn't always easy. One delicious way to increase your fruit and veggie intake is to eat more salad!

Forget about boring salads of wilted iceberg lettuce and a tomato slice drowning in creamy dressing— instead focus on building a lighter, vibrant, colorful salad from the ground up by focusing on the following ingredients:

Greens: Build your salad base by choosing fresh dark leafy greens like romaine, spinach, arugula, kale, and herbs like parsley and cilantro.

Grains: Whole grains (cooked cold or hot) add bulk and extra fiber to your salad. Try brown rice, quinoa, farro, couscous.

Proteins: Consider plant based sources of protein like tofu,

beans, lentils, nuts, seeds, or add chopped egg, lean meat, fish, or shrimp.

Fruits: Fresh fruit brings complexity and flavor to any salad. Don't be afraid to mix sweet and savory flavors together. Toss in fresh berries, apple slices, mango, pineapple.

Vegetables: Pile on the veggies— the more you add the more phytochemicals, vitamins and minerals. Raw vegetables add crunch, but grilled and roasted vegetables are delicious additions to any salad.

Dressing: Make your own salad dressing with ingredients from your pantry. For a basic vinaigrette whisk together 1/4 cup of olive oil, 1/4 cup of balsamic vinegar, 1/4 teaspoon of ground mustard and a dash or two of black pepper. Experiment by adding garlic, different herbs and spices, citrus juice to the vinaigrette and whatever sounds good to you!



More Tips for Building a Better Salad:

- ⇒ Shop farmers markets for the freshest most delicious produce.
- ⇒ Wash and dry salad greens when you get home from the market. That way they'll be ready to go!
- ⇒ Chop raw vegetables or grill or roast them in larger quantities to add to salads throughout the week.
- ⇒ Chopped walnuts, almonds, sunflower seeds add healthy fat and crunch to your salad.

Buy Fresh, Shop Local!

COVID-19: How & Where to Buy Local

Many farm stands, CSA farms, greenhouses, and farmers markets are open for business, and are making adjustments to ensure safety for you and their employees. Most are now offering curbside pick ups, deliveries and mail order options. When you buy local, you are supporting local farmers, businesses and your community.

Click [HERE](#) for resources on buying local during Covid-19.

MMHG Wellness June Schedule of Events

This month, we've updated our schedule to feature wellness programs that can be done "virtually" or via your computer, smartphone, or tablet. In these difficult times, it is important to remember to take care of your self by eating well, getting some exercise, and managing stress. Hopefully, these programs will help.

Register for the live "lunch & learn" webinars by clicking on the links below

(please register for each webinar separately).



Date/Time	Event	Other information
June- All Month	The EX Program Click HERE for More Information	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.
April, May, June	A Healthy Me Workshop Incentive Click HERE for information	Active BCBS subscribers & their spouses can earn a \$25 Target gift card for completing an online workshop at the AHealthyMe website.
June 1st- June 28th	Gratitude Challenge Click HERE for Information	The practice of gratitude doesn't just feel good, it has a profound effect on health, happiness, and overall well-being. The Gratitude Challenge helps participants become stronger by learning how to develop the important skill of being grateful for all the good things in life, each and every day!
June-All Month	Wellable Live Click HERE for Schedule & More Information	Wellable Live is a digital service that delivers new programming, from fitness classes to guided meditations to lifestyle sessions, each weekday. Events will take place at 12 Noon Monday through Friday, will last 30 minutes, and are a great way for you and your loved ones to stay healthy at home. You will be able to live-stream each session or watch on-demand recordings from your computer, tablet, or smartphone at your convenience.
June- All Month	Harvard Pilgrim Living Well at Home with Virtual Wellness Classes Click HERE for Schedule & More Information	Check out Harvard Pilgrim's latest complimentary offerings including webinars that cover everything from stress to sleep, exercise classes, and even mini meditations. These sessions are easy to access via Zoom.
June 3rd 12:00- 1:00 P.M.	Live "Lunch & Learn" webinar: Clean Eating Register HERE https://register.gotowebinar.com/register/8778166985763610636	This presentation focuses on the concept of clean eating and how to implement this behavior into one's lifestyle. Participants will learn how to make clean eating work for their lifestyle and understand how to incorporate different methods of clean eating into their day.
June 10th 12:15- 1:00 P.M. Or June 11th 2:15- 3:00 P.M.	Live "Lunch & Learn" webinar: Summer Safety Register HERE https://register.gotowebinar.com/rt/6614501827658590477	Summer is the perfect time to enjoy the great outdoors, but too much fun in the sun can compromise one's health. This presentation will encourage outdoor safety by exploring different precautions that can be taken to ensure a safe and healthy summer!
June 16th 12:30- 1:30 P.M.	Live "Lunch & Learn" webinar: Better Balance Better You Register HERE https://register.gotowebinar.com/register/2210680685004006158	Work, family, friends, appointments, bills...life is filled with important to-dos! This presentation is geared to help bring balance and time management into focus for a more productive, less stressed, and more fulfilling life.



Blue Cross Blue Shield Members:

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.

Harvard Pilgrim Members:

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 for well being support based on where you are in life.



Thinking About Quitting?

The EX Program Helps Smokers, E-cigarette Users, and Smokeless Tobacco Users Quit!

MMHG Wellness is proud to announce an exciting new opportunity for members looking to quit smoking for good.

The **EX Program** is a **FREE**, confidential, digital tobacco cessation 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.

The **Ex Program** includes a personalized quit plan, live chat coaching, an active online community, text messages, and nicotine patches, gum, or lozenges (delivered to your home).

Find out more at www.MMHG.org/wellness

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.

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We're on the web!

www.MMHG.org



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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 co-pays? The program is administered by CanaRx and does not replace your current prescription drug plan.

Visit www.MMHGRx.com to learn more!

Smart Shopper Rewards Program

Eligible BCBS members enrolled in active non—Medicare plans can earn up to \$250 when they shop for certain health services (like colonoscopy or mammography) in an effort to choose a high quality lower cost provider. For details go to www.mmhg.org and click on [Smart Consumer Programs](#).

Healthy Tip: Gardening

In addition to being a rewarding hobby, gardening has many physical and mental health benefits. Gardening outside will get your body moving, and give you lots of fresh air and plenty of vitamin D (just remember to protect your skin!). It's a perfect activity to combat quarantine stir-craziness.

This month, try gardening at any level: a flowery border, a bountiful food garden, or a pot on a windowsill.

Harvard Pilgrim Living Well Program

Attention MMHG Members:

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 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.

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 ~