



Beneficial Wellness Newsletter

May is Mental Health Awareness Month

Hot Topics:

Win a Journaling Kit!

This issue's puzzle "Herb Garden" is posted at www.MMHG.org/wellness (click on the "Spring MMHG Wellness Puzzle" link). Solve and return the completed word search puzzle to us no later than **June 15th** for a chance to win one of **25 journaling kits**.

Free Virtual, Gentle, Restorative Yoga Classes
Tuesdays, 5:15–6:15 P.M.
May 4, 11, 18, 25, June 1, 8, 15, 22, 29

Slow down after a long day and restore the body through gentle stretches. For the program flyer with details and registration information, visit www.mmhg.org/wellness and click on "links to MMHG Wellness programs".

In recognition of Mental Health Awareness Month, **MMHG and Learn to Live**, challenge you to make your emotional well-being a priority.

It's normal to feel stressed, lonely or sad with all that life throws at us. That's why **MMHG** has partnered with **Learn to Live**, a proven, online, behavioral health program, to help support you and your family when those feelings become overwhelming.

Learn to Live benefits:

- Immediate 24/7 access to self-paced programs via smartphone, tablet or computer.
- Ability to start, stop and save your progress.
- No cost to you (or your family)
- As effective as in-person therapy.
- Coaching available (phone, email, text)

- Private and Confidential. Your member information is completely confidential, HIPAA compliant and will never be shared with your employer or MMHG.

Using cognitive behavioral therapy (CBT) techniques, **Learn to Live** offers a variety of programs to cope with stress and anxiety, feeling down, trouble sleeping, social discomfort, and substance use.

Learn to Live is free and available to all employees, retirees, and dependents (age 13+) of MMHG member units. *Get started today and challenge yourself to feel better!*



Explore **Learn to Live** at: learntolive.com/partners and enter code: **MMHG**

Your Fitness Benefit- Now More Flexible!



Now you'll be able to use your reimbursement toward a virtual fitness class subscription!

Under the fitness benefit, Blue cross Blue Shield and Harvard Pilgrim members can receive **up to a \$300 reimbursement** for membership and fitness class fees:

- At a full-service fitness club with cardiovascular and strength training equipment like treadmills, bikes, weight machines and free weights.
- At a fitness studio with instructor led group classes such as yoga, Pilates, Zumba, kick-boxing, and indoor cycling/spinning.

- **NEW! Beginning July 1st**, Virtual offerings like online fitness memberships, subscriptions, programs, and classes that provide cardiovascular or strength training instruction will be covered under the fitness benefit.

To find out more about your fitness benefit, or for form to request reimbursement, visit www.mmhg.org/wellness and click on either the "Blue Cross Blue Shield Wellness" link or the "Harvard Pilgrim Wellness" link.



Challenge Yourself to Feel Better.

Start exploring **Learn to Live's** programs today!

When you do, between May 3rd– May 31st, you'll be entered for a chance to win an Amazon gift card for up to \$50!

To participate in the challenge, just do one or more of the following:

- Enroll in a **Learn to Live** program (all MMHG member unit employees, retirees, and family members ages 13+ are eligible). Start by taking your assessment at: learntolive.com/partners and enter the code **MMHG**
- Complete a lesson within a program
- Attend the live webinar: **Retrain your Brain: the Case for Gratitude** (for information see flyer at www.mmhg.org/wellness)

Challenge entry details: Sign up between May 3-May 31, 2021; 4 entries max per person. Challenge terms & conditions can be found at: <https://www.learntolive.com/challenge/terms?code=MHM2021>

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The information contained in this newsletter can be used to increase your personal awareness of health and wellness.

Always contact your health care provider before beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you and your family.

Healthcare IQ Corner: How to be a Savvy Consumer



The Healthcare IQ Corner is a regular feature of the MMHG Beneficial Wellness Newsletter. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.

Get smart by getting started

With costs rising, being an educated and wise healthcare consumer is more important than ever. The first step to being an informed consumer is to learn as much as you can about your health plan and benefits. Here are 2 ways to get started.

Are you an Informed Healthcare Consumer?

Set up a secure member account with Blue Cross Blue Shield or Harvard Pilgrim.

The BCBS and HP online member portals have lots of useful tools and resources.

- ◆ Review your benefits
 - ◆ Keep track of deductibles and copays
 - ◆ Take advantage of discounts & savings
 - ◆ Check prescription drug coverage and costs *and much more!*
- Sign up at www.bluecrossma.org or www.harvardpilgrim.org.

Get acquainted with the MMHG website.

Bookmark the Mayflower Municipal Health Group website www.mmhg.org for comprehensive plan and benefit information. Learn about MMHG Smart Consumer programs and find wellness resources and a calendar of events. Sign up for MMHG Wellness email updates by sending an email to wellness@mmhg.org.

MMHG Smart Consumer Programs

Visit www.mmhg.org/benefits for details

Telehealth- Members can visit doctors and providers anytime, anywhere in the United States using their smartphone, tablet, or computer with a webcam.

SmartShopper Incentive- (BCBSMA Members only) Receive up to a \$250 reward for shopping for high quality lower cost services like MRI's and mammograms.

CanaRx prescription drug mail order- This cost saving program is for members taking brand name maintenance medications approved by their doctor. It provides no copayments with the convenience of receiving medications in the mail.

Shields Simply Save- Enjoy no copayment (depending on your plan) when you chose a Shields facility for MRI, PET/CT, and Radiation Oncology services.

Back to Basics: 7 Reasons to Go for A Walk

Walking for just 30 minutes each day will improve your health. For those who are really short on time, or find 30 minutes at once difficult, you can break those 30 minutes up. Walk for 10 minutes, three times a day – and you're getting health benefits.

The National Institutes of Health says regular exercise like walking can:

1. Improve high blood pressure
2. Lower your risk of heart disease
3. Strengthen muscles and bones
4. Improve Type 2 diabetes
5. Give you more energy

6. Help you manage stress

7. Reduce feelings of depression

With exercise, every step helps. You don't need fancy equipment or even a gym membership to get healthier – and you can start today!



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.

Fun Ways to Stay Active this Spring

Take a hike - Go for a stroll - Fly a kite - Plant something green - Visit a neighborhood park - Create your own family scavenger hunt - Walk the dog (or a friend's dog) - Visit the local farmers market - Go roller blading - Practice yoga and tai chi in the park - Go for a bike ride - Play tennis or badminton - Play a round of golf - Go jogging - Try kayaking - Collect sea shells on the beach - Explore tide pools - Walk around the block - Play catch - Grow vegetables - Plant an herb garden -

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 to find out more.



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. MMHG Wellness programs are **FREE** and open to employees, retirees & dependents of MMHG member units.

Visit www.MMHG.org/wellness for description/registration details and be sure to check back often as new programs are being added all the time.

Ongoing Programs:

Learn to Live

Free & confidential online mental health program.

Savory Living

12 session online, evidence-based, healthy eating food as medicine program. *First 33 get it FREE.*

Calm

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

EX Program

FREE online smoking cessation program.

Virtual Mindfulness Sessions

Tuesdays & Thursdays, 8:30– 9:00 A.M. *Ongoing*

Live Virtual Fitness Classes

Chair Yoga

May 10th, 27th, June 7th, 12:00– 12:30 P.M.

Gentle Restorative Yoga

Tuesdays, May 4th, 11th, 18th, 25th, June 1st, 8th, 15th, 22nd, 29th, 5:15– 6:15 P.M.

Yoga

Mondays & Wednesdays, 5:15– 6:15 P.M. *Ongoing*

Zumba

Tuesdays and Thursdays, 5:15– 6:15 P.M. *Ongoing*

Online Challenge (Win Prizes)

Learn to Live Mental Health Month Awareness Challenge

May 3rd– May 31st

Step Into Summer Challenge

June 1st– June 21st

Webinars & Cooking Classes & More

Cooking Class: Get to Know Your Kitchen Gadgets

May 11th, 1:00– 2:00 P.M.

Webinar: Stress Management Made Simple

May 12th, 12:15– 1:00 P.M. or May 13th, 2:15– 3:00 P.M.

Virtual Class: Destress with Paint Night

May 21st, 6:00– 8:00 P.M.

Webinar: Exercise Your Mind

June 9th, 12:15– 1:00 P.M. or June 10th, 2:15– 3:00 P.M.

Webinar: Retrain your Brain: The Case for Gratitude

May 12th, 10:00– 10:30 A.M. or May 14th, 12:00– 12:30 P.M. or May 19th, 10:00– 10:30 A.M. or May 20th, 1:00– 1:30 P.M.

Programs are subject to change, cancellation, and participation may be limited due to eligibility, space and or budget.

Reminder: Always check with your health care provider when beginning a new exercise or diet program.

Have you tried Shakshouka?

Shakshouka (Shakshuka) is a North African dish made simply by poaching eggs in spicy tomato sauce. It looks impressive for the amount of work and the cost of the ingredients. Serve it at your next brunch or for a quick dinner.

6 Servings

Recipe courtesy of [Oldways](http://www.oldwayspt.org)
www.oldwayspt.org.

1 tablespoon olive oil
1 small yellow onion, diced
1 clove garlic, minced
1 red bell pepper, diced
2 (14 ounce) cans no-salt diced tomatoes, or about 4 cups ripe diced tomatoes
2 tablespoons tomato paste
½ teaspoon mild chili powder
1 teaspoon cumin
1 teaspoon paprika

Pinch of cayenne pepper, or more to taste
Pinch of sugar (optional, to taste)
Salt and pepper, to taste
6 eggs
1 tablespoon minced fresh parsley, for garnish

Instructions

Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the diced onion and sauté until translucent, about 5 minutes. Add the garlic and sauté until fragrant, about a minute more. Add the diced bell pepper and cook until softened, about 7-10 minutes.

Add the tomatoes, tomato paste, and spices to the skillet and bring to a simmer. Add a little bit of spice at the beginning so you can adjust to your preference. Reduce the heat to low and simmer for about 5 minutes, until the sauce begins to reduce. Adjust the spice and other seasoning to taste.



For the eggs, create space in the sauce for each egg with a ladle or large spoon. Rest the spoon in the sauce and crack the egg on top. Gently remove the spoon and allow the egg to settle in the space left behind. Repeat for the remaining 5 eggs. Cover and simmer for 10 to 15 minutes, checking regularly, until the eggs are cooked to your liking. Garnish with minced parsley and serve.

**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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Contact us at wellness@mmhg.org

Depression affects almost 10%
of people each year. Are you
struggling to work through
negative feelings?

Meet  **learntolive**

proven, confidential, online programs

**Stress
Depression
Social Anxiety
Insomnia
Substance Use**

**Take your confidential assessment
learntolive.com/partners and enter MMHG**

Visit www.mmhg.org/wellness



**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 33 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