

Beneficial Wellness Newsletter

NEW! Fitness on Demand

Hot Topics:

NEW- Sign up to receive health tips delivered via short text messages every three days. Text "MMHGWellness" to 63975 to sign up. You can un-enroll at any time by texting STOP.

Celebrate the height of Farmers Market Season. Look for locally grown corn, tomatoes, zucchini, herbs, and blueberries.

What's your favorite summer vegetable?

Inside this issue:

Important Information for MMHG Subscribers	2
Community Matters	3
Savory Living Recipe	4
MMHG Wellness Puzzle: Fruit Salad!	3

We are excited to announce that you'll now be able to work out your way...whenever and wherever you want with access to On-Demand Fitness Classes!

Whether you are a fitness buff, newbie, or anywhere in between, having easy access to instructor-led workouts is a great way to help you prioritize your health.

Endless Variety

Pilates, yoga, HIIT, barre, boxing, kickboxing, cardio, prenatal & postnatal, strength training, Tabata, dumbbell & kettlebell, core, low impact, mobility, and more.

Classes in Mindfulness and meditation are also available!

World-Class Instructors

Workouts led by dozens of renowned fitness instructors from across the globe like Mike Donavanik, Anja Garcia, Betina Gozo, Sarah Kusch, Gideon

Akande, Astrid Swan, Jordan Morello, and Ashley Joi

Free, Unlimited Access

Accessible 24/7 via computer, tablet, or smartphone

Searchable Selection

Filter by category, difficulty, duration, and more with the Class Finder feature to find a workout that fit your schedule, personal preferences, and fitness goals

Click [HERE](#) for details!



How to Get Started:

➔ Click [HERE](https://app.wellable.co/OnDemand) (<https://app.wellable.co/OnDemand>). The access code is: **MMHGWellness**

➔ Or create a MMHG/Wellable Account at: <https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with instructions on logging into your MMHG/Wellable account. Once logged in click on the **ON DEMAND** link.

➔ Or if you already have a MMHG/Wellable Account, log in, click on the **ON DEMAND** link.

This FREE benefit is available to all employees/retirees/dependents of MMHG member units.

View Anytime: Wellness Videos

Now Available- Abridged Videos

We know how busy you are and that finding time to attend a health and wellness webinar or workshop can be a challenge. That's why we've commissioned five abridged pre-recorded videos in popular topics for you to view at your convenience, *even when you have less than a half hour to spare!*

Click on the links that follow or visit www.mmhg.org/wellness for flyers with descriptions and instructions to view the videos (via Vimeo).

[All About Antioxidants and Cancer Prevention](#) (23 minutes)

[Detoxify your Diet- Clean Eating for Optimal Health](#) (20 minutes)

[Food and your Mood- You are What you Eat Inside and Out](#) (12 Minutes)

[The Tools & Techniques that Foster Sleep](#) (25 Minutes)

[Women's Health- From Life Balance to Hormonal Balance](#) (28 Minutes)

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.

MMHG Smart Consumer Programs

Click [HERE](#) 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 co-payments with the convenience of receiving medications in the mail.

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

"Self-care is not selfish. You cannot serve from an empty vessel." – Eleanor Brown



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
- 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 for plan information.
- Download the [Blue Cross Blue Shield member app](#) or the [Harvard Pilgrim member app](#).
- Visit www.mmhg.org for a calendar of wellness events, benefit information and more.

Important tips if you're enrolled in Medex/Blue Medicare RX:

- Medex and Medicare primary subscribers/dependents must continue to pay their Part B premium to be eligible for coverage.
- **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.

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).

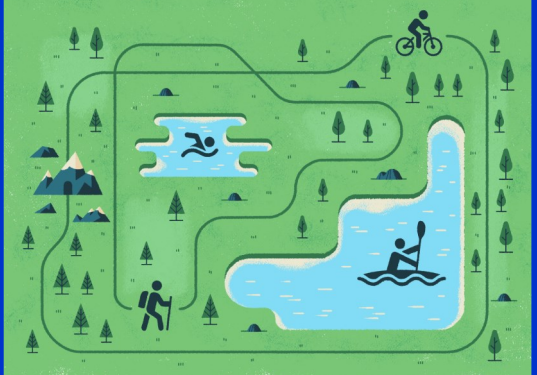
Find out more at [HERE](#) or at www.MMHG.org/wellness

Did You Know?

Your [Blue Cross Blue Shield](#) or [Harvard Pilgrim](#) health plan can save you up to \$300 annually in qualified health club membership fees. For more information on your fitness benefit and weight loss benefits/discounts visit www.MMHG.org/wellness.

THIS MONDAY, TAKE YOURSELF OUTSIDE.

Exercising outdoors elevates both body and spirit.



#MoveItMonday

MoveItMonday.org

MOVE IT MONDAY!



Community Matters Spotlight

Plymouth County Suicide Prevention Coalition

Community matters and the **Plymouth County Suicide Prevention Coalition** is truly making a difference in local communities by promoting mental health awareness and suicide prevention while providing resources and local training programs. We asked Jennie Babcock, Chair of the *Plymouth County Suicide Prevention Coalition* a few questions. Be sure to visit their website www.plymouthctyspc.org to learn more.

Q) Can you tell us about the Plymouth County Suicide Prevention Coalition?

A) We are one of 10 Regional Coalitions across the state of Massachusetts, we were founded in June of 2014. We provide free trainings throughout Plymouth County. Since our inception, we have been working with several school districts, businesses, Veterans and other Military personnel, and many First Responders in our communities on the subject of suicide prevention.

Q) What kind of training do you offer?

A) Our classes raise awareness and give participants tools they need to help someone who may be in crisis or to identify signs and signals of someone who may be struggling with a Mental Health Issue.

All of our trainings are evidence based. We provide Mental Health First Aid training for people working with adults and people working with Youth. We have a module specifically for First Responders. We also have classes for general public and always invite anyone who wants to learn, it only takes one person to save a life.

Q) How can we learn more about your organization?

A) You can visit our website where you'll find information on trainings for schools, businesses and organizations with links for reference materials. We have many links to other websites that you can use for web trainings or referrals.

If you are in crisis, please seek help:

National Suicide Prevention Life-Line:

1.800.273.TALK(8255)
Veterans, Press 1
TEXT 838255

Samaritans Help Line call or text:

1.877.870.HOPE(4673)

MA Coalition for Suicide Prevention

617.297.8774
info@masspreventssuicide.org

Plymouth County Suicide Prevention Coalition:

www.plymouthctyspc.org
PO Box 857 Plymouth, MA 02362-0857

Donations can be sent to address above, made payable to:
PCSPC/The Nan Project

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

Learn to Live is a proven, FREE, confidential online behavioral health program available to all MMHG member unit employees, retirees, and their families (age 13+).

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

Take your confidential assessment and get started today.
Go to learntolive.com/partners and enter **MMHG**

Need an Energy Boost?

Feeling groggy?

With busy schedules, we are all looking for ways to increase our energy. To avoid the slump, try turning to food. Proper nutrition can help sustain energy all day long. Below are some tips for finding the right combination of carbohydrates, fat, protein, vitamins, and fluid.

Variety Is The Spice Of Life

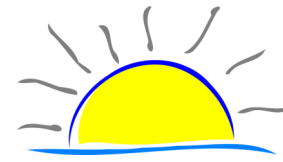
Prepare colorful meals, heavy on fruits and vegetables, to ensure that you get a variety of vitamins into your diet.

Pick Up The Protein

Protein repairs muscles and provides just the right amount of energy to keep you going. Try grilled chicken or tofu for an extra dose of iron.

Eat Breakfast

Start the day with plenty of fiber, whole-grain carbohydrates, good fats, and lean protein. Try whole-grain cereal or yogurt with a sprinkle of chopped walnuts or the Savory Living Egg & Breakfast Cups recipe below.



Drink Lots Of Water

Some say that a big glass of water in the morning is better than a cup of coffee. It gently gets internal systems working, hydrating cells, organs, and muscles. Don't forget to keep going from there! Adequate hydration throughout the day is both energizing and beneficial for your health.

Webinar: Elevate your Energy

2 Opportunities to Participate
Wednesday, August 11th 12:15-1:00 PM
Or Thursday, August 12th 2:15-3:00 PM
Register [HERE](#)

MMHG Wellness Presents:

“Food as Medicine” Healthy Eating Perk



**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 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).

**Find out more at
www.savoryliving/mmhg.com**

Savory Living Recipe: Egg & Vegetable Breakfast Cups

By Sue Levy

These are great when you need something fast to take with you. I make a ton of these, pop them out of the tins and store them in the fridge or freeze them individually. They reheat in seconds in the microwave.

The technique is easy and you can improvise adding ingredients you like (vegetables, beans, spices, cheeses etc.) Think about the ingredients you like in your omelet and have fun!

Here are the steps:

1. Sauté and flavor vegetables. 2. Create egg mixture (eggs or egg substitutes with salt and pepper). 3. Use a non-stick muffin pan. Spray with oil and fill each cup about 3/4 full. 4. Add in ingredients (vegetables, beans, spices, cheeses etc.). 5. Bake at 350°F for 25 minutes or until set.

Click [HERE](#) to watch a video of Sue preparing the recipe and to download the recipe.

Spring Puzzle Winners

Thank you to everyone that participated in the MMHG Wellness Spring Newsletter Puzzle Contest! All participants received a journaling kit and those who completed the bonus challenge were entered in a raffle to win one of 5-\$25 gift card vouchers. Congratulations to the following gift card winners!

\$25 Gift Card Voucher– Elissa D. (Silver Lake), Jen F. (Rochester), Ellen M. (Marshfield), C. Mello (Rochester), Lynne M. (Hanover)

See page 5 of this newsletter for the latest MMHG Wellness puzzle and a chance to win prizes!

Win a cooler lunch bag & 2 tiered food container combo!

Print, solve and return the completed puzzle to MMHG no later than September 15th and you'll be entered in a random drawing to win one of 10 lunch kits!

Complete the bonus below for a chance to win one of 5- \$25 Gift Card Vouchers!

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.

Winners will be notified by email on September 17th.

SOLVE THE MMHG WELLNESS PUZZLE

Summer Fruit Salad

Tis the season to make a giant fruit salad!

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

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.



Banana

Blackberries

Blueberries

Cantaloupe

Cherries

Grapes

Honeydew

Kiwi

Mango

Nectarines

Oranges

Papaya

Peaches

Pineapple

Raspberries

Strawberries

Watermelon



BONUS— Create a summer fruit salad, snap a photo, and email it to us by September 15th at wellness@mmhg.org (use the subject line "fruit salad") for a chance to win one of 5- \$25 Stop and Shop gift cards.

**MAYFLOWER MUNICIPAL
HEALTH GROUP**



65 Cordage Park Circle,
Suite 110
Plymouth, MA. 02360

Contact us at wellness@mmhg.org



[Follow us on Instagram](#)



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.

Questions? Send an email to wellness@mmhg.org or call 774-773-9306.

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.

Ongoing Programs:

Learn to Live

Free & confidential online behavioral health program.

Savory Living

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

Wellable Fitness on Demand

FREE library of instructor-led virtual fitness classes.

EX Program

FREE online smoking cessation program.

Virtual Mindfulness Sessions

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

Live Virtual Fitness Classes:

Yoga

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

Zumba

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

Cardio Dance

Thursdays in September from 1:00– 1:30 PM

Online Challenge (Win Prizes):

Move More Fall Step & Activity Challenge

September 13th– October 24th

Webinars & Cooking Classes & More:

Abridged Health & Wellness Videos

Ongoing (visit www.mmhg.org/wellness)

Webinar: [Glowing Skin at Any Age](#)

August 3rd, 9:30– 10:00 AM

Webinar: [Salads as a Meal](#)

August 4th, 1:00– 1:30 PM

Webinar: [Elevate your Energy](#)

August 11th, 12:15– 1:00 PM or
August 12th, 2:15– 3:00 PM

Webinar: [Family Friendly Fitness](#)

August 11th, 1:00– 1:30 PM

Webinar: [Fresh & Fruity Desserts](#)

August 18th, 1:00– 1:30 PM

Class: [Journaling the 8 Dimensions of Wellness](#)

August 19th, 6:30– 7:30 PM

Webinar: [Living life Fully](#)

August 25th, 1:00– 1:30 PM

Webinar: [Environmental Health & Wellbeing](#)

September 8th, 12:15– 1:00 PM or
September 9th, 2:15– 3:00 PM

Webinar: [Building Long Term Habits for Busy People](#)

September 8th, 1:00– 1:30 PM

Webinar: [Make Ahead Freezer Meals](#)

September 15th, 1:00– 1:30 PM

Webinar: [An Apple a Day Keeps the Doctor Away](#)

September 22nd, 1:00– 1:30 PM

Webinar: [Calming Drinks](#)

September 29th, 1:00– 1:30 PM

Visit www.mmhg.org/wellness

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 ~