



Beneficial Wellness Newsletter

New! Learn to Live a FREE Online Mental Health Benefit

Join the 21 Day Fruits & Vegetables Challenge and win prizes!

March 1st– 21st

Pledge to eat at least 5 servings of fruits & vegetables/day for 21 days. You'll get motivational emails with recipes & nutrition information and we'll give away daily prizes and there'll be a grand prize raffle!

Click [HERE](#) for more information or send an email to: wellness@mmhg.org

According to the CDC only 1 in 10 Americans eat at least 5 of the recommended servings of fruits and vegetables a day.

Your online mental health tool is here. Learn to Live is now available to all MMHG member unit employees, retirees and dependents (age 13+), at no cost.

At MMHG, we believe that it is important to talk about mental health and to get support when it's needed.

That's why we are excited about our new partnership with **Learn to Live**, a confidential, proven, online behavioral health program.

Everyone has experienced periods of sadness or anxiety. Many people find that with the winter season feelings of isolation and low-energy (to name a few) arrive. This year, the seasonal impact on emotional health is combined with the realities of COVID on our daily lives, making things even more difficult for many of us. That's where **Learn to Live** can help.

Feeling better is possible, and taking the first step is easier than you think.

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.

It's completely confidential and you can move through programs from the comfort of your home. CBT based online therapy has been proven to be as effective as in-person therapy – which is a real plus if you have a hard time carving out time for yourself.

Every one of us struggles sometimes, and it's important to recognize that our emotional health is as important as our physical health. Start today by taking a free assessment at www.learntolive.com/partners and enter code **MMHG**.



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.

Explore Learn to Live's confidential programs at:

learntolive.com/partners

and enter code: MMHG

Important Information for MMHG Subscribers:

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

Exercising during the Covid-19 Pandemic

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- ⇒ Change of address
- ⇒ Marriage/Divorce/Remarriage
- ⇒ Medicare eligibility of yourself or of a dependent

Tired or Wired? Caffeine and your Brain

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- ⇒ Birth/adoption/legal guardianship
- ⇒ Dependent loss of status as a dependent (except for turning age 26)

Care for Yourself– One Small Way Each Day

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

Solve the MMHG Puzzle

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- ⇒ Medex/PDP subscribers 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.

Inside this issue:

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 Products Save \$\$\$ with these programs

CanaRx Prescription Drug Program:

MMHG offers non-Medicare HMO and PPO (BCBS & HP) members a cost saving international mail order drug program for brand name prescriptions— with no copays! You could save \$35- \$65 per month on your brand name prescription drug copay. More information [HERE](#).

SmartShopper Program: (BCBSMA Members only) Receive a monetary reward for shopping for high quality lower cost services such as MRIs, colonoscopy, cataract removal surgery, ultrasounds, and more. Earn up to \$250 in cash per procedure! More information [HERE](#).

Shields Simply Save: Enjoy no copayment (depending on your plan) when you chose a Shields facility. Shields Health Care Group provides MRI, PET/CT, and Radiation Oncology services to patients at more than 30 locations in New England. You could save up to a \$100 on your high tech imaging copay! More information [HERE](#).

Telehealth: You can see licensed doctors and providers anywhere and anytime for minor medical and behavioral health care using live video visits on your smartphone, tablet or computer with a webcam. Easy and convenient! More information for Blue Cross Blue Shield members [HERE](#) and Harvard Pilgrim members [HERE](#).

[MMHG Smart Consumer Products Brochure](#)



Exercising During the Covid-19 Pandemic

Social distancing, reduced access to gyms and in-person fitness classes, remote learning, and work make it harder to exercise.

But physical activity, even a small amount, can make a big difference in how you think and feel. Exercise [relieves stress](#), helps reduce the symptoms of [anxiety](#) and [depression](#) and [boosts overall health](#). It may not be easy to exercise right now, but it's worth giving it a try, even if you start small. Here are some tips and resources for getting the activity you need.

Get outside as much as you can.

Walking, jogging, hiking and other outdoor activities not only get you moving, but provide fresh air, sunshine, and exposure to the wonders of nature, [\(a good mental health boost\)](#). Click [HERE](#) for some tips on exercising safely during the winter months. Even a ten minute walk most days can make a difference.

Get up and move every hour.

We all seem to be staring at screens, and with remote learning, work, and virtual meetings we're sitting—a lot. To break up sitting time get up and move around for 2-3

minutes every hour. Walking in place is fine. Short breaks can improve your productivity, and ease the strain on your shoulders and joints that comes from sitting for a long time.

Create a Home Workout Area

If you have the space, designate an area in your home for exercise. Try using resistance bands, small weights, and invest in an exercise mat, treadmill or stationary bicycle.

Embrace Virtual Exercise

Due to the pandemic, there's a plethora of virtual exercises classes, often free, available via Zoom, Apps, YouTube etc. Consider [connecting your desktop or laptop to a tv or monitor](#) for a larger screen. If you miss going to your favorite local yoga studio, ask if they are hosting virtual classes. This is a great way to support them during the pandemic.

Keep it Fun & Interesting

Activity video games or "exergames" that simulate dancing, skateboarding, soccer, bowling, or tennis can be fun and a good way to exercise with the whole family.

COVID-19 RESOURCES:

Blue Cross Blue Shield Members:

<https://www.bluecrossma.org/myblue/corona-virus-resource-center>

Harvard Pilgrim Members:

<https://www.harvardpilgrim.org/myoptions/coronavirus-your-guide-to-care/>

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.

How much exercise should I aim for?

Any exercise is beneficial. The current recommendation for adults is to aim for at least 150 minutes of moderate intensity activity every week (or 75 minutes of vigorous intensity) with two sessions of strength building activities per week. That's about 30 minutes of movement, five times per week. **It's also okay to break it up into two 15-minute workouts or three 10-minute workouts.**

FREE Virtual Exercise Resources:

MMHG Wellness: Offers virtual exercise classes like Zumba and Yoga. Visit www.mmhg.org/wellness for up-to-date schedule.

American Heart Association: [Virtual Workouts and Streaming Events](#)

American Heart Association: [Create a Circuit Home Workout](#)

AARP: [Exercising at Home Just Got Easier](#) (free 10 minute videos aimed at seniors)

Yoga: Check out the YouTube Channel [Yoga with Adriene](#) for a wide variety of virtual yoga classes for all levels.

Tired or Wired?

Caffeine and Your Brain

Content Source: [NIH News in Health](#)

A hot cup of coffee or tea is a highlight of the morning for some people. It can make you feel awake and alert. Caffeine is the chemical that causes these sensations. But does caffeine have other effects on the brain?

Caffeine is found naturally in tea and coffee. But it is added to energy drinks and many types of soda. It's even put in some snack foods and medications. More than eight out of 10 adults in the U.S. consume caffeine in some form.

So how does caffeine wake you up? Your body naturally produces a chemical called adenosine. It builds up in your body during the day.

"The sleepiness you feel at the end of the day—that's adenosine," explains Dr. Sergi Ferre, a brain scientist at NIH. Its buildup tells your brain when it's time to rest.

Caffeine blocks adenosine from working on brain cells. This prevents you from feeling sleepy. "But the body adapts," Ferre says. If you regularly consume caffeine, your body produces more adenosine. So people need more caffeine over time to get the same wakeful feeling.

Adenosine also makes it unpleasant to quit caffeine suddenly, says Ferre. If you take away the caffeine, extra adenosine in the body can cause feelings of withdrawal for a while. These include headaches and increased sleepiness.

Caffeine also interacts with other chemicals in the brain. If you consume more than normal, some of these interactions are what make you feel "overcaffeinated." Your heart may race, or you can feel anxious or sick to your stomach.

But caffeine doesn't affect everyone the same way. That's because people's bodies can break it down at different speeds. How fast your body does this depends largely on your genes, explains Dr. Marilyn Cornelis, a nutrition researcher at Northwestern University.

Experts recommend that some people avoid caffeine. These include people with gut troubles like acid reflux, people who have trouble sleeping, and people who have high blood pressure or heart problems. Children, teens, and women who are pregnant or breastfeeding are often advised to stay away from caffeine, too. Talk with your health care provider if you're concerned about caffeine and your health.

"Even healthy people should avoid mixing caffeine with alcohol," explains Ferre. "This is because caffeine can block the brain from feeling the depressant effects of alcohol. This might lead someone to drink more than they normally would, increasing their impairment."

But research suggests that caffeine on its own is likely harmless for most healthy adults in low to moderate amounts, says Cornelis. She and others are studying whether it might even have positive effects on thinking, learning, and memory.

"When you drink caffeine, your attention is greater," she says. "That contributes to our brain's ability to retain information. That might lead to improvements in long-term cognitive function." Her team is exploring new ways to measure the effects of caffeine on the brain and the role genes play in your body's response.

While a few cups of unsweetened coffee or tea a day are likely fine for most people, Cornelis adds, some sources of caffeine can contain a lot of sugar. Excess sugar isn't good for the body or brain, she says.



Stay Alert Without Caffeine

- ⇒ Get enough sleep. Most adults need between seven and eight hours of sleep every night to feel rested.
- ⇒ Eat regularly. When you don't eat, your blood sugar levels drop, making you feel tired.
- ⇒ Drink enough water. Staying hydrated can help you stay alert.
- ⇒ Take a break for exercise. If you're feeling drained in the middle of the day, it helps to move around.

Links:

[The Benefits of Slumber](#)

[Tick Tock: Your Body Clocks](#)

[Brain Basics: Understanding Sleep](#)

[Energy Drinks](#)

[Spilling the Beans: How Much Caffeine is Too Much?](#)



Recipe Redo— Skip the Caffeine with a Delicious Mug of Golden Milk Tea

Rather than reaching for a sugary coffee drink, cola, or chocolate bar for an afternoon energy-boost, why not give this [Golden Milk Tea](#) from Epicurious a try? It's low in sugar, and the warm spices will give you a boost without caffeine.

Ingredients:

2 cups refrigerated unsweetened coconut milk (such as Silk), 1 tablespoon honey, 1 tablespoon grated peeled fresh turmeric or 1 tsp. dried ground turmeric, 1 teaspoon grated fresh ginger, 1/8 teaspoon ground cardamom, Dash of kosher salt, Dash of black pepper

How to Make It:

Bring all ingredients to a simmer in a small saucepan over medium heat, stirring often. Remove from heat; cover and let stand 5 minutes. Strain; discard solids. Recipe makes 2 servings.

Tip: Prepare ahead and reheat or enjoy over ice!



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

Ongoing Programs:

Learn to Live

Confidential, innovative, online program for stress, anxiety and depression. Free to MMHG employees, retirees and dependents age 13+. More information [HERE](#).

Savory Living

12 session online, evidence-based, healthy eating food as medicine program. *Limited availability.* More information [HERE](#).

Calm

FREE premium 3 month subscription to the world's #1 app for mental fitness. *Limited availability.* More information [HERE](#).

EX Program

FREE online smoking cessation program. More information [HERE](#).

Guided Mindfulness Sessions

Ongoing Tuesdays & Thursdays, 8:30—9:00 A.M.
More information [HERE](#).

Challenges (Win Prizes)

21 Day Fruits and Vegetables Challenge

March 1– March 21st More information [HERE](#).

Go for the Gold– Spring Activity Challenge

April 12th– May 23rd Details coming soon.

Live Virtual Fitness Classes

Zumba Toning

Thursdays, 5:00– 6:00 P.M.

February 4,11,18,25 March 4,11,18,25

More information [HERE](#).

Yoga

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

More information [HERE](#).

Chair Yoga

March 11, 12:00– 12:30 P.M.

More information [HERE](#)

Barre

March 4, 11, 18, 25, 1:00– 1:30 P.M.

More information [HERE](#).

Live Virtual Cooking Demos & Webinars:

March– Nutrition Month

Cooking Demo: Indian Cuisine

March 3rd, 1:00– 1:30 P.M. More information [HERE](#).

Webinar: Eat Well Be Well

March 10th, 12:15– 1:00 P.M. or March 11th, 2:15– 3:00 P.M.

More information [HERE](#).

Cooking Demo: It's all Greek to Me

March 11th 1:00– 1:30 P.M. More information [HERE](#).

Cooking Demo: Plant Based Meals

March 16th, 12:00– 1:00 P.M. More information [HERE](#).

Cooking Demo: Luck of the Irish

March 17th, 1:00– 1:30 P.M. More information [HERE](#).

Cooking Demo: Wrap it Up

March 24th, 1:00– 1:30 P.M. More information [HERE](#).

Cooking Demo: Let's Get Saucy

March 31st, 1:00– 1:30 P.M. More information [HERE](#).

April

Cooking Demo: Takeout Makeovers- Healthy Asian Cooking

April 13th, 12:00– 1:00 P.M. More information [HERE](#).

Webinar: Financial Health—Under Age 50

April 15th, 12:00– 1:00 P.M. More information [HERE](#).

Webinar: Financial Health—Over Age 50

April 28th, 12:00– 1:00 P.M. More information [HERE](#).

Webinar: Municipal Retirement– Your Questions Answered

April 29th, 4:00– 5:30 P.M. *Save the date– details coming soon.*

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

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 (including certain virtual classes)? For more information on your fitness benefit *and* available weight loss benefits/discounts visit www.MMHG.org/wellness.

Care for yourself

one small way each day

It's important to practice self care.

You may experience [increased stress](#) during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. It's important to take care of your family and friends, but it should be balanced with care for yourself.

Here are some pandemic self-care tips from the [Centers for Disease Control](#):

- ◇ Take breaks to relax and unwind through yoga, music, gardening or new hobbies.
- ◇ Find new ways to safely connect with family and friends, get support, and share feelings.
- ◇ Take care of your body and get moving to lessen fatigue, anxiety, or sadness.
- ◇ Treat yourself to healthy foods and get enough sleep.

Everyone reacts differently to stressful situations. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone. During times of increased social distancing, people can still maintain social connections and care for their mental health.

Coping with stress during a COVID-19 outbreak will make you, your loved ones, and your community stronger.



Healthy Breakfast Ideas

Drinks

- ◇ Smoothie with blueberries, banana, spinach, and almond milk
- ◇ Smoothie with frozen mango, kale, dates, and soy milk
- ◇ Matcha tea latte with oat milk
- ◇ Green juice
- ◇ Herbal tea & local honey
- ◇ Lemon water with chia seeds

Oats & Cereals

- ◇ Whole grain cereal (low sugar) with sliced strawberries, and low fat or plant milk
- ◇ Oatmeal, banana, blueberries, topped with almond butter
- ◇ Muesli with dried fruit, nuts, and yogurt
- ◇ Granola with kiwi & low fat or plant milk

Toasts— Whole Grain

- ◇ Toast with peanut butter and sliced banana
- ◇ Toast with smashed avocado, and everything but the bagel seasoning
- ◇ Toast with hummus, sprouts, and sliced tomato
- ◇ Toast with refried beans and salsa

Other

- ◇ Poached egg over garlicky cooked greens
- ◇ Baked sweet potato topped with black beans, avocado, and salsa
- ◇ Veggie scramble with egg or tofu
- ◇ Quinoa and sautéed veggies bowl
- ◇ Whole grain waffle topped with fresh fruit and yogurt

MMHG Members are Practicing Self Care During the Pandemic

We asked a group of MMHG members attending the virtual Zumba Toning classes on Thursdays and other members what they've been doing over the past year to cope by practicing self-care during the pandemic. We thought we'd share some of their amazing and creative responses:

- Chair Yoga with MMHG
- Cooking with "new to me" spices
- Crafting
- Exploring nature on snow shoes
- Joined the Savory Living healthy program
- Journaling
- Letter writing
- Listening to audiobooks (check out your local library for free options)
- Listening to podcasts
- Making soap
- Making soup
- Mindfulness
- MMHG Wellness webinars
- Online Classes
- Organizing the house
- Paint by Numbers
- Painting furniture
- Phone calls with friends and family
- Practicing sewing
- Prayer
- Reading
- Signed up for the Learn to Live program
- Sunday drives
- Telehealth therapy
- Virtual piano class
- Walking
- Watching old movies
- Writing poetry
- Working on a family tree (genealogy)
- Yoga
- Zoom calls with friends
- Zumba with MMHG

Let us know at wellness@mmhg.org what you're doing to practice self care during the pandemic.

"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort."

— Deborah Day

Win a Fitbit Inspire!

Print, solve and return the completed puzzle to MMHG no later than **March 31st** and you'll be entered in a random drawing to win **one of TEN Fitbit Inspires!**

Complete the bonus below for a chance to win **one of 5- \$25 Stop and Shop gift cards!**

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 02360

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:**

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 4/1/2021 and names will be published in a future newsletter.

SOLVE THE MMHG WELLNESS PUZZLE

21 Fruits & Vegetables

March is nutrition month and MMHG Wellness is presenting a 21 Day Fruits & Vegetables Challenge beginning 3/1/2021. To join the F & V challenge click [HERE](#) for details or send an email to wellness@mmhg.org.

Puzzle Directions: Circle or highlight the 21 fruits & vegetables in the word search puzzle below. Words appear straight across, backwards,

B	E	L	P	P	A	E	N	I	P	X	S	I	C	Y
L	N	Y	X	S	V	N	I	H	N	J	P	X	I	X
U	V	N	T	W	O	S	O	L	Z	C	I	J	C	Y
E	P	T	P	E	C	B	Q	I	O	N	N	I	J	F
B	B	E	L	Q	A	E	A	C	N	C	A	C	V	V
E	A	A	C	Y	D	Q	B	N	E	O	C	K	E	V
R	K	K	H	C	O	N	D	N	A	P	H	O	T	O
R	I	N	I	H	C	C	U	Z	E	N	A	N	R	A
Y	S	T	R	A	W	B	E	R	R	Y	A	R	E	B
A	O	R	A	N	G	E	D	Y	Z	L	N	L	G	V
P	E	P	P	E	R	W	Q	R	P	B	P	K	I	Y
E	G	A	B	B	A	C	J	G	A	P	R	W	D	D
H	P	G	Q	X	F	X	G	I	A	H	I	B	T	J
N	O	L	E	M	R	E	T	A	W	K	C	B	O	P
G	R	E	E	N	B	E	A	N	Z	Z	O	Q	D	I

apple

avocado

banana

blueberry

broccoli

cabbage

chard

eggplant

grape

green bean

kale

kiwi

onion

orange

pear

pepper

pineapple

spinach

strawberry

watermelon

zucchini

BONUS— Attach your favorite vegetable or fruit centered recipe to the completed word search puzzle and return as directed for a chance to win one of five \$25 Stop and Shop Gift cards.

We'll create a "recipe book" and share in future wellness emails!

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.

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.

CLEAR THE WAY TO REFRESH YOUR INTENTIONS

This week, gently erase stressful feelings and anxiety so your positive thoughts can shine through.

- Take long, deep breaths until you feel calm and centered.
- Identify a thought that causes you stress or unhappiness. Imagine it drifting further and further away with each breath.
- When your mind is clear, set a healthy, positive intention for the week, such as being more compassionate.



MMHG Wellness Webinars— *View Anytime!*

MMHG Wellness schedules 'lunch & learn' webinars every week with topics like healthy eating, habit change, financial wellness, exercise, stress management and more.

Live webinars are open to all employees and dependents from MMHG member units and have been a huge success.

We post recordings of the live webinars, when available, on the MMHG website at www.mmhg.org for you to view at your convenience. Watch from your smart phone, tablet, or personal computer.

What wellness topic would you like us offer in a webinar? Send your suggestion by email to wellness@mmhg.org.
We'd love to hear from you!

Thinking About Quitting? The EX Program Helps Smokers, E-cigarette Users, and Smokeless Tobacco Users Quit!

MMHG Wellness is proud to offer this 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 [HERE](#) or at www.mmhg.org/wellness

MAYFLOWER MUNICIPAL HEALTH GROUP



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



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[Follow us on Instagram](#)

Fall Puzzle Winners

Thank you to everyone that participated in the MMHG Wellness Fall Newsletter Puzzle Contest! All participants were entered in a raffle to win one of five Fitbit Inspires and those that completed the bonus challenge were entered in a raffle to win one of five \$25 gift cards.

Congratulations to the following raffle winners:

Fitbit Inspire-

Maureen Ledoux (B.A.T.), Jean Upton (West Bridgewater), Jen Frasier (Rochester), Sharon Crowley (Silver Lake), Shelly Grabowski (Hanover)

\$25 Gift Card Voucher-

Matt Cleary (Silver Lake), Carol Lincoln (Norfolk County), Deborah Perry (Wareham), Catherine Harder-Bernier (Hanover), Carolyn Powell (Marshfield)

See page 6 of this newsletter for the latest
MMHG Wellness puzzle and a chance to win prizes!

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!

Request your FREE premium subscription by sending an email to wellness@mmhg.org.

Limited subscriptions are available on a first come first serve basis.



savory living

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 50 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

Always consult with your health care provider before beginning a new exercise or nutrition program.



Almost everything will work
again if you unplug it for a
few minutes, including you.

Anne Lamott

#DAILYCALM Calm

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 ~