

# Beneficial Wellness Newsletter

## Announcing Learn to Live's New Resiliency Program

### Hot Topic:

Solve the MMHG Wellness Puzzle "Affordable Pantry Items" on page 6 for a chance to win a raffle prize!

### ♥ Health Tip:

Almost 50% of Americans have at least 1 of 3 key risk factors for Heart Disease: high blood pressure, high blood cholesterol, or smoking. You can control these risk factors—learn how at: [https://www.cdc.gov/heartdisease/risk\\_factors.htm](https://www.cdc.gov/heartdisease/risk_factors.htm)

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[Learn to Live](#) has launched their newest program, **Resilience**, which is designed to help individuals establish tools and strategies to build their optimism and strength so that they can live a healthy, meaningful life.

There are eight lessons in the program which address gratitude, optimism, relationship building, finding passion, and building healthy habits.

### Want to Get Started?

MMHG member unit employees & retirees & their dependents from MMHG

member units can visit [learn-tolive.com/partners](http://learn-tolive.com/partners) and enter code **MMHG** for no cost access. Simply complete the Learn to Live 5-minute clinical assessment and enroll in a program! Choose from Resilience or one of Learn to Live's six additional program offerings.

Improving our coping skills can make us stronger, happier and more capable of dealing with the challenges that we all face in life, work and relationships. [MMHG Wellness](#) and [Learn to Live](#) are here to help!

### Resiliency Can Help With:

- Increased Motivation
- Improved Quality of Life
- Higher Job Satisfaction and Performance
- Better Relationships with ourselves and others
- Improved Focus and Ability to Cope

Click [HERE](#) to view a sample video from the new Learn to Live Resiliency program.

## Building Healthy Relationships ♥

Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships. It's important to know what a healthy relationship looks like and how to keep your connections supportive.

### To build healthy relationships:

- Recognize how other people influence you.
- Share your feelings honestly.
- Ask for what you need from others.
- Listen to others without judgement or blame. Be caring and empathetic.
- Disagree with others respectfully. Conflicts should not turn into personal attacks.

- Avoid being overly critical, angry outbursts, and violent behavior.
- Expect others to treat you with respect and honesty in return.
- Compromise. Try to come to agreements that work for everyone.
- Protect yourself from violent and abusive people. Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.
- Learn the differences between healthy, unhealthy, and abusive ways of relating to others. Learn more at [www.thehotline.org/healthy-relationships/relationship-spectrum](http://www.thehotline.org/healthy-relationships/relationship-spectrum)

Content Source: [National Institutes of Health](#)

# 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.*

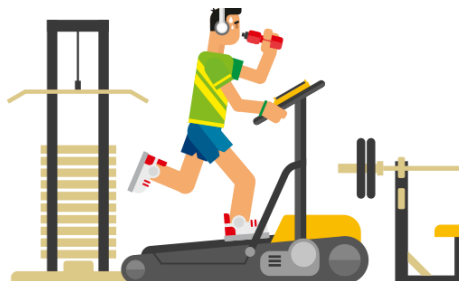
## Save \$\$\$ with your Fitness/ Weight Loss Benefits!

Did you know eligible Blue Cross Blue Shield and Harvard Pilgrim members can receive up to \$300 annually in fitness reimbursements and up to \$150 annually in weight loss reimbursements?

**If you haven't requested your reimbursements for 2022 you have until March 31, 2023 to do so.**

### A couple of things to know:

- Total reimbursement allowed is per individual or family contract.
- Apply directly through your member portal/app: [My Blue](#) or [HPHConnect](#)
- Contact BCBS or HPHC Member Services with questions.



### Blue Cross Blue Shield:

#### Fitness Reimbursement: Save up to \$300

##### Qualified for Reimbursement:

- A full service health club with cardiovascular and strength-training equipment like treadmills, bikes, weight machines, and free weights
- A fitness studio with instructor-led group classes such as yoga, Pilates, Zumba®, kickboxing, indoor cycling/spinning, and other exercise programs
- Online fitness memberships, subscriptions, programs, or classes
- Cardiovascular and strength-training equipment for fitness that is purchased for use in the home, such as stationary bikes, weights, exercise bands, treadmills, fitness machines

#### Weight- loss Reimbursement:

**Receive up to \$150 annually when you participate in a qualified weight-loss program**

##### Qualified for Reimbursement Participation fees for:

- Hospital-based programs and Weight Watchers® in-person
- Weight Watchers online and other non-hospital programs (in-person or online) that combine healthy eating, exercise, and coaching sessions with certified health professionals such as nutritionist

[BCBS Fitness Reimbursement Form](#)

[BCBS Weight-Loss Reimbursement Form](#)

**Member Services: 1-800-782-3675**

### Harvard Pilgrim:

#### Fitness Reimbursement: Save up to \$300

##### Qualified for Reimbursement:

- Virtual fitness class subscriptions are now eligible for reimbursement!
- Purchase a membership to a full-service health/fitness facility that offers cardiovascular and strength-training equipment or a facility for exercising and improving physical fitness.
- Purchase a membership to a fitness facility or studio that offers: Yoga, Pilates, Zumba, Aerobic/group classes, Kickboxing, CrossFit, Strength training, Indoor cycling/spinning classes, Tennis, Indoor rock climbing, Personal training (taught by a certified instructor)

#### Weight- loss Reimbursement:

**Receive up to \$150 annually when you participate in a qualified weight-loss program**

##### Qualified for Reimbursement Participation fees for:

- Weight Watchers® traditional or Weight Watchers at-work programs,
- Hospital-based weight management programs.

[HPHC Fitness Reimbursement Form](#)

[HPHC Weight Management Reimbursement Form](#)

**Member Services: (888) 333-4742**



# LEARN TO LIVE BULLETIN

*Your guide in wellness & mental health*

## Managing social anxiety with the shift from virtual to in-person

Social anxiety can hinder our ability to connect with others, leaving us feeling alone and unfulfilled. Fortunately, there are ways to overcome it and attain a sense of belonging.



Corporate and family events are back in full swing, which comes with mixed feelings. The isolation of social distancing has continued to induce social anxiety for some while enhancing those emotions for others. If you can relate, take time before a social event to think through exactly what parts of the upcoming experience make you anxious, then strategize and think about what factors you can control.

**Here are a few things you can do before social events to calm your thoughts<sup>1</sup>**

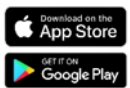
- 1. Aim for some perspective.** When things go wrong, try to avoid the tendency to blame yourself. There's a lot in life that has little to do with you. Someone's bad mood, a missing invitation, someone's averted gaze – they most likely have nothing to do with you
- 2. Accept that you are less than perfect.** Many of us are perfectionists who like to hold ourselves to impossibly high standards and then beat ourselves up when we fail to meet a single one of them. What expectations could you lighten up on to relieve some pressure?
- 3. Stay balanced.** Resist being too self-critical and choose to keep a balanced view of yourself. What do other people value about you? What are your strengths?
- 4. Avoid exaggeration.** We often exaggerate by using words like “always” and “never” to describe our perspective of a situation. But they are rarely accurate. Instead, try to use words like often, normally, many, etc.

**We can help!** Learn to Live's digital Social Anxiety program focuses on helping you identify what is causing anxiety to persist and how you can experience a more fulfilling life through comfortable relationships. Simply download our app or visit [learntolive.com/partners](https://learntolive.com/partners) and enter access code **MMHG** to begin a program today.

<sup>1</sup> 5 Ways to Fight Inaccurate Thinking in Social Anxiety | Dr. Russ' Blog ([learntolive.com](https://learntolive.com))



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





# MMHG Wellness– Current & Upcoming Programs

Here's a list of upcoming MMHG Wellness programs. Many of these programs are virtual and can be easily accessed using your computer, tablet, or smart phone.

Visit [www.MMHG.org/wellness](http://www.MMHG.org/wellness) for descriptions and registration details.

## **Ongoing Programs:**

### **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. *First 20 get it FREE.*

### **EX Program**

FREE online smoking cessation program.

### **Virtual Mindfulness Sessions**

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

## **Online Challenges:**

**31 Day Fruits & Vegetables Challenge**  
(3/1– 3-31)

## **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*

**New Series: Mindful Movement: Chair Yoga for the Office (or Anywhere!)**

2/21, 3/21, 4/18, 5/16, 12:00– 12:30 p.m.

### **Dance and Tone Exercise Series**

Thursdays in February, 1:00– 1:30 p.m.

## **In Person Fitness Classes:**

### **Healthier for 2023 Zumba Toning**

Thursdays in February 4:00– 5:00 P.M.  
Reed Center in Kingston

## **Webinars:**

### **Fitness Trends**

2/9, 2:15-3 p.m.

### **Why Do I Care So Much About What They Think?**

2/10, 11-11:30 a.m., 2/21, 12-12:30 p.m., 2/23, 5– 5:30 p.m.

### **Habit Change: Building the Good, Breaking the Bad**

2/14, 1– 1:30 p.m.

### **Eight Simple Steps to a Healthier Heart**

2/15, 1– 1:30 p.m.

### **Boundaries**

2/22, 1:00– 1:30 p.m.

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

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

~Questions? Send an email to [wellness@mmhg.org](mailto:wellness@mmhg.org) or call 774-773-9306.

## **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:

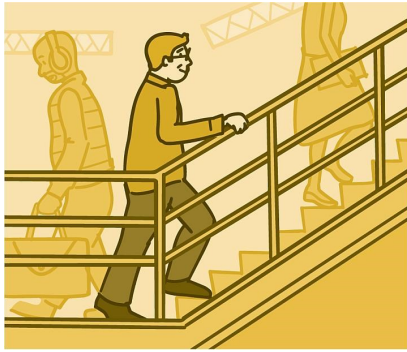
[www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount)

## **Blue Cross Blue Shield Members:**

The ahealthyme website is your own personal wellness planner and resource for health information. Get started today at:

[www.bluecrossma.com/ahealthyme](http://www.bluecrossma.com/ahealthyme)





# Healthy Weight Control

## Balancing Eating and Exercise

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

Keeping off weight during the holiday season can be tough. But there are many reasons to maintain a healthy weight all year round. A healthy weight lowers your risk for chronic diseases, like diabetes, heart disease, and certain cancers. It can also help you stay more mobile as you age.

Excess weight comes from taking in more energy, or calories, than your body needs. Some extra energy may be stored as fat. Many factors influence your risk for weight gain. These include poor diet, lack of sleep, and not getting enough physical activity. Genes can also play a role. Certain medications affect weight gain, too.

“In the U.S., we all live in an obesity-promoting environment to some degree,” says Dr. Susan Yanovski, an NIH expert on obesity and eating disorders. “We are constantly tempted with low-cost, high-calorie foods. And, we’re expending a lot less energy than we used to in everyday life. Many jobs are sedentary, and even household activities like washing dishes take less energy to do now. You throw them in the dishwasher. We have to work hard to incorporate activity into our everyday life.”

Taking steps toward a healthy lifestyle—even small ones—can help you get on a path to a healthy weight.

### [Calculating a Healthy Weight](#)

The definitions of overweight and obesity are based on body mass index, or BMI. BMI is based on your height and weight. Overweight for adults is a BMI between 25 and 29.9. Obesity is a BMI of 30 or greater. NIH has a tool to help you [calculate your BMI](#).

“BMI is quick and easy to obtain, but it’s not perfect,” Yanovski says. A high BMI is usually caused by extra body fat. But it can also come from extra muscle, bone, or water.

If your BMI is high because of extra body fat, aim to lose about one to two pounds per week. “Some people might think losing weight quickly is the best strategy,” says Dr. Alison Brown, a nutrition scientist at NIH. “But really, the safer and more sustainable weight loss is gradual.”

To lose weight, you need to burn more calories than you take in. “Combining both calorie restriction plus physical activity tends to be most effective for weight loss,” Brown says.

### [Cutting Down Calories](#)

To lose weight, experts suggest taking in about 500 fewer calories than you burn per day. This should get you to about one pound per week of weight loss, Yanovski says.

The [NIH Body Weight Planner](#) can help you calculate exactly how many calories you need for your weight loss goals. The tool takes your age, sex, and level of physical activity into account.

Experts recommend limiting less healthy foods that are high in calories, saturated and trans fats, refined carbohydrates, or sugar. “But there’s not one recommended diet for weight loss,” Yanovski says.

“The best diet is the one that you can stick with,” explains Brown. “It should be balanced and provide a variety of fruits and vegetables, whole grains, lean meats, and low-fat dairy or dairy alternatives.” For more about a healthy diet, see the [Dietary Guidelines for Americans](#).

Creating an eating plan based on your likes and dislikes can help you stick with it. You can use nutrition labels to estimate how many calories a food has. But be sure to check the serving sizes. Learn more about [nutrition labels](#) (FDA).

“It is easier than it’s ever been to try to figure out what you’re actually taking in with all the trackers and food labeling,” says Yanovski. “But, of course, you have to be honest with yourself.”

A registered dietitian or a weight management program can also help you create a healthy eating plan.

### [Getting More Activity](#)

Physical activity helps you burn off the calories you consume. Studies have found that it’s critical for maintaining a stable weight.

Experts recommend that adults get at least 150 minutes of moderate-intensity aerobic activity each week. Aerobic activity is anything that gets your heart rate up and gets you breathing harder. Examples of moderate-intensity activities include brisk walking (faster than 2.5 miles per hour), swimming, and dancing.

If you’re able, start increasing your physical activity. Doing so slowly can help prevent injuries. Even light activity burns more calo-

ries than being sedentary. Start small. Take the stairs instead of the elevator. Break up your day with short walks.

You can also break up moderate-intensity activity into short sessions. Every minute counts toward your weekly goal!

Don’t forget to do muscle-strengthening activities, like lifting weights. Experts recommend adults do them at least two days a week.

### [Staying on Track](#)

Creating new habits can help you lose and maintain your weight. Weigh yourself regularly to see if you’re meeting your weekly goals. You can use an app or journal to track your physical activity and food intake. Some devices can automatically track and record your activity. Calculate whether you’re burning more calories than you’re taking in.

Getting social support can help keep you motivated. Apps and social media sites may connect you with other people who support your goals.

“But often, people differ in terms of what they consider supportive,” notes Dr. Laurie Friedman Donze, a clinical psychologist at NIH. “So it’s important to communicate with your support system and let them know what you feel is helpful or unhelpful.”

“Trying to keep your stress under control and getting enough sleep are also good for preventing weight gain,” says Donze. “Stress can affect food cravings. Often, people will eat to reduce stress or as a way to comfort themselves. Not getting enough sleep may also increase your appetite or cravings for high-fat foods.”

“No matter what your weight loss goal is,” says Brown, “it takes time. Be patient with the process.”

It can be difficult to lose or keep weight off. Some people may benefit from medication or surgery in addition to lifestyle changes. If you’re struggling with losing weight or maintaining weight loss, ask your health care provider if medications or surgery may be helpful for you.

“An NIH study, called POWERS, is studying why some people struggle over time to maintain weight loss and why some are going to find it easier,” says Yanovski. “We hope to come up with better strategies for people who struggle with obesity and to individualize solutions for keeping lost weight off.”

View Webinar: *Eat This Not That for Healthy Weight Management* [HERE](#)

## WIN A STOP AND SHOP GIFT CARD!

Print, solve and return the completed puzzle to MMHG no later than March 15th and you'll be entered in a random drawing to win **one of five- \$25 Stop and Shop gift cards.**

**Complete the bonus below for a chance to win a \$50 Stop and Shop gift card!**

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 for or retired from.

**Winners will be notified by email on March 16th and published in the winter newsletter.**

Fall Puzzle Raffle Winners: Cyndee M. (Marshfield) David B. (Wareham), Kathy D. (Marshfield), Mimi G. (Hanover), Laurie M. (Bridgewater), Kerry S. (Silver Lake)

## SOLVE THE MMHG WELLNESS PUZZLE

### Affordable Pantry Items

**Stock your cabinets with these healthy food staples!**

Keeping your kitchen stocked with cheaper, basic pantry items is key to saving money on your grocery bill because it allows you to more easily make your own meals at home. Add refrigerated items to this list like carrots, spinach, frozen veggies, frozen fruit, low fat cheese, yogurt, ground turkey/chicken, tofu and eggs and you can create delicious and healthy meals for you and your family.

**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.



BROWN RICE

BEANS

LOW SODIUM SOUP

ONIONS

SPICES

CANNED TOMATOES

HOT SAUCE

MARINARA SAUCE

PEANUT BUTTER

SWEET POTATOES

CANNED TUNA

LENTILS

OATMEAL

POTATOES

WHOLE GRAIN PASTA

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

**What's your Favorite Kind of Frozen Vegetable?**

☐ Broccoli

☐ Green Beans

☐ Peas

☐ Other: \_\_\_\_\_

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

# Quick, Easy & Healthy Meals from your Pantry

We're all feeling the pinch at the grocery store—prices seem to keep rising! The trick with eating well on a budget is to plan ahead and keep things simple but flavorful and delicious. Here are 6 easy dinner ideas and some breakfast suggestions that rely on pantry staples like canned beans, eggs, pasta, potatoes and frozen vegetables.

These aren't "recipes", but simple ideas that you can use to create tasty, economical and healthy meals. Adjust the amounts for the number of servings you need (leftovers are a good thing). And be sure to improvise and substitute with healthy ingredients that work best for you and your family.

Tip: You'll want to have some basics on hand like garlic, chili powder, smoked paprika, black pepper, hot sauce, and Italian seasoning to add spice when creating meals with your pantry items.

## Related Links:

<https://www.myplate.gov/eat-healthy/healthy-eating-budget>

[https://www.cdc.gov/healthyweight/healthy\\_eating/meals.html](https://www.cdc.gov/healthyweight/healthy_eating/meals.html)

<https://www.cdc.gov/diabetes/pdfs/prevent/Preventing-Diabetes-Meal-Planner.pdf>

**“Chipotle” Type Bowl:** Lean ground chicken cooked with canned diced tomatoes and spices (garlic, chili powder etc.). Arrange in individual shallow bowls with cooked brown rice, seasoned pinto beans and sautéed frozen veggies like corn and peppers, a sprinkle of low-fat cheese and salsa/hot sauce to taste. Or wrap in warmed whole grain tortillas to make burritos or make tacos with warmed corn tortillas!

**Warm Super Salad:** On a bed of fresh spinach, top with cubes of warm roasted sweet potatoes, a poached or sliced hard boiled egg, shredded carrots, red onion slices, a scoop of warm black beans seasoned with garlic powder and smoked paprika. Top with your favorite light dressing.

**Too Tired to Cook Comforting Soup & Sandwich:** Tuna or egg or [chickpea salad](#) (or grilled cheese) on toasted whole grain bread, carrot sticks, and a cup of low sodium tomato or vegetable soup.

**Pasta Night:** Add about a cup of cooked & drained (or canned) lentils that have been seasoned with garlic and Italian seasonings to a jar of marinara sauce that you've heated up. You can substitute the lentils with chickpeas or cannellini beans. Serve over cooked wholegrain pasta. Accompany with plenty of steamed broccoli or simple salad.

**Buffalo Stuffed Baked Potato:** Split open a baked potato hot from the oven and top with a generous serving of lean ground turkey and frozen veggies that have been cooked with jarred mild or hot buffalo sauce to taste. Top with low fat shredded cheese, more hot sauce, and a dollop of plain Greek yogurt or low-fat sour cream.

**Peanut-y Noodles:** Toss cooked whole grain spaghetti (8 ounces) with hot sautéed vegetables like onions, carrots, broccoli and cabbage or spinach. Add sautéed tofu, chicken, or scrambled eggs. Mix with a peanut sauce made with 1/2 cup peanut butter unsweetened, 1/8 cup low sodium soy sauce, 1 tablespoon rice vinegar, 1/8 cup brown sugar, 1 teaspoon (or more) chili garlic sauce or sriracha sauce, 1-2 crushed garlic cloves, and 1 Tablespoon of ginger root grated. Save a little of the pasta water to add to noodles and sauce if they seem too dry after tossing them together,

**Breakfast Ideas:** Oatmeal topped with bananas and peanut butter~ Eggs or tofu scrambled with leftover veggies and a slice of whole grain toast ~ Roasted cubed potatoes topped with garlicky wilted spinach and a poached egg ~ Greek yogurt served with thawed frozen fruit and honey ~ Roasted cubed sweet potatoes, seasoned refried beans, low-fat shredded cheese, salsa/hot sauce and warmed corn tortillas ~ Fried leftover rice and veggies topped with an egg~ Hummus on whole grain toast~ A peanut butter and banana sandwich on whole grain bread~



# February is Heart Health Month

## 5 Surprising Facts About Blood Pressure

*Content Source: CDC*

High blood pressure affects nearly half of the adult population in the United States, yet many people who have the condition are not aware.

Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, the condition is treatable and preventable. Here are 5 facts you may not know about high blood pressure with tips on keeping your blood pressure in a healthy range.:

**1. High blood pressure may be linked to dementia.** Recent studies show that high blood pressure is linked to a higher risk for dementia, a loss of cognitive function. Timing seems to matter. Evidence suggests that having uncontrolled high blood pressure during midlife (ages 44 to 66) creates a higher risk for dementia later in life.

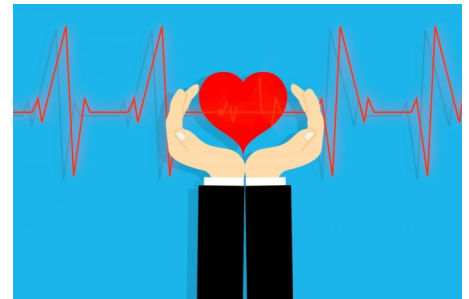
**2. Young people can have high blood pressure, too.** High blood pressure doesn't just happen to older adults. Nearly 1 in 4 adults aged 20 to 44 have high blood pressure.

**3. High blood pressure usually doesn't have any symptoms.** High blood pressure is sometimes called the "silent killer." Most people with high blood pressure don't have any symptoms. Because many people feel fine, they don't think they need to get their blood pressure checked.

**4. Many people who have high blood pressure don't know it.** About 1 in 3 U.S. adults with high blood pressure aren't even aware they have it and are not being treated to control their blood pressure.

**5. Women and African Americans face unique risks when it comes to high blood pressure.** Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure. High blood pressure during pregnancy can harm a mother's kidneys and other organs, and it can lead to premature delivery and low birth weight babies.

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for



heart disease and stroke. A healthy lifestyle includes:

- [Eating a healthy diet](#)
- [Maintaining a healthy weight](#)
- [Getting enough physical activity](#)
- [Not smoking](#)
- [Limiting alcohol use](#)

To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is high. Ask your health care team how often you should check your blood pressure. You can get your blood pressure checked at a doctor's office or pharmacy, and you can check it at home if you have a home blood pressure monitor.



### Heart Health Tips:



Ready, set, move! Exercise does not need to happen all at once to count—move for ten minutes, three times a day, five days per week to meet global physical activity recommendations. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

Per the CDC, a heart-healthy diet includes less than 2,300 milligrams of sodium per day. When possible, opt for packaged foods labeled low sodium, reduced sodium, or no salt added. [https://www.cdc.gov/salt/reduce\\_sodium\\_tips.htm](https://www.cdc.gov/salt/reduce_sodium_tips.htm)

### [A Healthy Me Incentive](#)

September 15, 2022– May 31, 2023

Eligible MMHG BCBS subscribers enrolled in active non-Medicare plans can receive a **\$50 American Express gift card** for earning 50 points at the AHealthyMe website.

Earn points for completing the health assessment, participating in ahealthyme challenge, taking an online wellness workshop, completing a well-visit in the past year, participating in a community event, and attending a worksite biometric screening where available.

Click [HERE](#) for details



# EX PROGRAM



## YOU GET ACCESS TO:



Online videos, exercises,  
and self-guided tools on  
any device.



Live-chat coaching from  
experts and personalized  
texts and emails.



Active online community  
to lean on for advice,  
tips, and motivation.



Nicotine patches, gum, or  
lozenges delivered right  
to your home.

YOU + TOBACCO-FREE LIFE:

# BETTER TOGETHER

FREE EMPLOYEE BENEFIT + CUSTOM QUIT PLAN + EXPERT 1:1 SUPPORT  
= YOUR TOBACCO-FREE LIFE

The **EX Program** is a personalized and convenient **digital quit-tobacco program** built in collaboration with Mayo Clinic that helps you beat your addiction and live tobacco-free whether you smoke, vape, dip or chew.



**Participation in the EX-Program is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & their spouses.**

*\*Enrollment is limited to the annual amount budgeted for the program.*

### To Get Started:

#### Already have a Wellable Account?

Click the following link and enter your login information.

<https://app.wellable.co/EXProgram>

#### No Wellable Account yet?

Create one at <https://app.wellable.co/mmhg>

Once logged into your Wellable Account you'll find a link on the bulletin board for the EX-Program.

Contact [wellness@mmhg.org](mailto:wellness@mmhg.org) with questions.

**MAYFLOWER MUNICIPAL  
HEALTH GROUP**



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

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.

**Blue Cross Blue Shield Members:  
24-hour Nurse Line /Blue Care Line  
1-888-247-BLUE (2583)**

Specially Trained Registered Nurses are available to answer your medical questions 24 hours a day 7 days a week!

**Call the Blue Care Line 24/7 for:**

- Advice if you're sick or injured
- Help with deciding if you should go to the doctor
- Answers to medical questions



**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

**More Important Tips :**

- 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](#).
- **Medicare plan members: Do *not* voluntarily enroll in another Medicare Part D or Advantage plan because it will cancel your enrollment in your current MMHG plan! Contact your benefits administrator for info.**

**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](http://www.mmhg.org) and click on [Smart Consumer Programs](#)



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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 ~