

# Beneficial Wellness Newsletter

## Winter Wellness

### Hot Topic:

Solve the MMHG Wellness Puzzle on page 7 for a chance to win a raffle prize!

### Health Tips:

You can't pour from an empty cup. Prioritizing your **heart health** is an important part of self-care. Everyday, take a little time to move more, sleep well, reduce stress, and eat healthy.

Webinar recording:  
Disease Prevention & Metabolic Syndrome:  
Are You at Risk?  
View [HERE](#)



### Inside this issue:

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Solve the MMHG Wellness Puzzle: Heart Health Month 7

During winter, keeping up healthy habits seems harder. It doesn't have to be though – in fact, just focusing on a few key habits can go a long way toward boosting winter wellness. Here are a few you might try:

**Step outside.** Outdoor air and sunlight both play an important role in helping us stay well during winter. Even a few minutes a day can make a difference.

**Keep moving.** Whether it's in short breaks throughout the day, or a dedicated block of time, indoors or out, try to keep physical movement in your daily routine. (P.S. Shoveling

counts. As do snowball fights.)

#### Feed your immune system.

Winter produce is full of nutrients and antioxidants – and it's delicious! Citrus and berries; winter squashes like acorn or butternut; root veggies like carrots, turnips, beets; cruciferous veggies like broccoli, cauliflower, cabbage, and Brussels sprouts; and of course, dark leafy greens! All are nutrient powerhouses, and great additions to healthy wintertime meals.

**Hibernate.** OK, maybe not...but we already want to curl up and sleep, so why not use that instinct to work on improving sleep habits? Try eliminating screen time right before bed, or heading to bed a few minutes earlier every night

rather than trying to make time up on the weekend.

#### Avoid the judgement trap.

Sometimes we beat ourselves up unnecessarily. If your wellness routine seems to be slipping this winter, well...these things happen. And let's face it, life itself is not yet back to "normal." No need to add on more stress. Just keep on going and celebrate what you can do, and get back on track when you're able.

Give yourself something fun to look forward to. February is a perfect time to start thinking about how you might carve out vacation time during the upcoming year. Thinking ahead to vacation time can be a particularly helpful well-being exercise for a cold winter's day.



The MMHG Wellness Committee met on February 1st at the MMHG offices. The committee is made up of representatives from MMHG member units.

## How are we doing?

### We'd **LOVE** your feedback!

The MMHG Wellness committee wants to hear from you about our programs.

★ What do you think about MMHG Wellness programs? *Tip – visit our website [mmhg.org/wellness](http://mmhg.org/wellness) for programs and a calendar of events.*

★ What are we doing right?

★ What can we do better?

★ Have any of our programs inspired you to make lifestyle changes resulting in a healthier you?

★ What kind of wellness programs would you like us to offer in the future?

**Send us an email at [wellness@mmhg.org](mailto:wellness@mmhg.org) or call Kelly Morse Perez at 774-773-9306. Your feedback is important to us— *thank you!***

# 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.*

It's a new year and the perfect time to remind you that you can save \$\$\$ with these MMHG Smart Consumer Products.

## **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! This cost saving program is for members taking brand name maintenance medications approved by their doctor. It provides no copays with the convenience of receiving medications in the mail. 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](#).

## **Telehealth:**

What is Telehealth? Members can visit doctors and providers anytime, anywhere in the United States using their smartphone, tablet, or computer with a webcam. Check out the flyers below for the most common conditions treated including Behavioral Health.

BCBSMA Members Click [HERE](#)

HP Members Click [HERE](#)

## **MMHG Wellness Program:**

Visit [mmhg.org/wellness](http://mmhg.org/wellness) and discover webinars, healthy cooking demos, weight management programs, healthier you initiatives, exercise classes, smoking cessation and much more!



**February 26th– April 7th**

***Take control of your space by mastering the art of organization!***

Getting organized can have significant health benefits, such as reducing stress and anxiety, promoting healthy lifestyle choices, improving time management, and even supporting better sleep. This challenge makes the organization process fun, helping participants achieve a sense of order in several areas of their lives.

To start, participants will learn about organization, including strategies to prevent feeling overwhelmed by the process. They will then complete six Organization Exercises, which involve watching a short video and completing an associated Organization Checklist to earn Wellable points and the chance to win raffle prizes!

**Challenge Details [HERE](#)**

# Shake Off February Doldrums with These Small Resets

This time of year, it's common to feel a little stuck or bored in your daily routine. Which makes it a great time to try changing things up! Small changes in your daily routine can do the trick. Here are some you might try:

**Reverse Your Routine.** Switch up the order of your daily routines. If you always check email first thing, try working on your to-do list before even looking at email. Or try showering at night instead of in the morning.

**Mealtime Mix-Up.** Try having breakfast for lunch, or dinner for breakfast.

**Change of Scenery.** Try different routes when commuting to work, doing errands, or even taking a daily walk.

**Feng Shui Your Space.** Rearrange things by making a simple change to your desk layout or room décor.

**Music Shuffle.** Instead of listening to your usual playlist, put your music on shuffle and see what comes up.

**Try Time-Blocking.** If there's a task you usually do throughout the day (e.g., reading email, checking social media) instead try designating a specific time block to focus only on that task.

**Exercise Experiment.** If you have a go-to exercise you always do, try something different. Swap cardio for weights, or yoga for Zumba. Or keep the same activity but change up the intensity – if you are a power yoga fan, give restorative yoga a try.

**Clothing Remix.** Mix and match your clothing in new combinations to create an outfit that feels fresh and new.

**Digital Detox Hour.** Dedicate one hour each day to being disconnected from all digital devices. Do something completely analog for that hour – go for a walk, read a book, draw, write, cook, craft, etc.



# LEARN TO LIVE BULLETIN

*Your guide in wellness & mental health*

## The Mind-Heart Connection

The dreaded phone call from the ER—a loved one has had a heart attack. We all want to avoid that call and reduce the risk of cardiac crisis. But did you know that mental health and heart health are deeply intertwined? Studies show psychological factors like stress, anxiety, anger, and depression can increase risks for high blood pressure, heart attack, stroke, and other cardiovascular issues. Meanwhile, experiencing a cardiovascular event like a heart attack can trigger conditions like anxiety, depression, and PTSD. Understanding this mind-heart connection is key to being proactive and taking steps to keep both our mental and physical health in check.



So how exactly are our heart health and mental health linked? While researchers are still investigating all the links, some ways they can impact one another include:

- Stress can trigger the release of hormones, like cortisol, which can cause damage and inflammation in blood vessels over time.
- Depression and anxiety can make it harder to maintain heart-healthy lifestyle habits.
- Cardiac diagnoses or procedures can lead to heightened worry, anxiety, and/or depression.

## Managing Mental Health for Better Heart Health with Learn to Live

There are many accessible, evidence-based tools within our [Learn to Live](#) programs that you can start putting into practice to improve mental health factors connected to heart health risks. Within our Resilience program, we have tools to focus on gratitude, hope, optimism, and building stronger relationships. Gratitude alone can help to lower blood pressure and inflammation, and it increases our chances of engaging in heart-healthy habits, like sleeping well and getting regular exercise. In addition, our Insomnia program can help produce the good night's sleep that has been shown to dramatically reduce the risk of heart failure.

If you're someone who has experienced a recent cardiovascular event, it's not uncommon to feel worried, stressed, anxious or even depressed. You may be wondering, "What if it happens again?" or maybe there is a deeper feeling of despair leading to depression. Both our Stress, Anxiety, & Worry and Depression programs teach powerful strategies that can help us manage emotions in tough moments. One tool that can be particularly helpful is Present Awareness - Learn to Live's version of mindfulness. With Present Awareness, we encourage you to become an objective observer of your thoughts, emotions, and sensations and let them come and go. Of course, these potent strategies can reduce both our stress and the medical risks that go with stress in the first place.

Did you know that Learn to Live offers a free 5-minute assessment so you can learn about your mental health? Even if you haven't shown signs of heightened stress, anxiety, or depression—a quick screening can give you an overview of your mental well-being. You'll get an immediate program recommendation and you can even email yourself the results.

Use this as an opportunity to proactively address your mental health and associated heart health risk factors. If you're concerned about your heart health, having a conversation with your doctor is an important place to start. To start addressing your mental health, you can take a quick mental health assessment by scanning or visiting [learntolive.com/partners](https://learntolive.com/partners) and enter access code **MMHG**. Learn to Live is available to you and your family members, ages 13 and older at no cost.

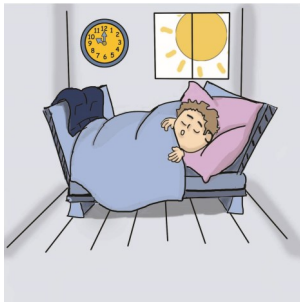


STRESS, ANXIETY & WORRY | SOCIAL ANXIETY  
| DEPRESSION | INSOMNIA | SUBSTANCE USE





# The Perils of Too Much Sleep



Did we just say too much sleep? That's right, we did. While we've all heard about the negative impacts of not getting enough sleep, it may be a surprise to hear that sleeping too much can be harmful too.

Getting too much sleep can have adverse effects on the immune system, mental health, and heart health, and can potentially lead to chronic diseases. Oversleeping has been linked to increased risk for diabetes, obesity, headaches, back pain, depression, and heart disease, among other medical issues.

Of course, there are many factors that determine what the "right" amount of sleep is, and it varies from person to

person. Developing good habits is the key to achieving the healthiest amount of sleep for you. Here's a checklist of sleep tips from WebMD that can help you strike the right balance:

- Go to bed and wake up at the same time every day.
- Avoid eating big meals close to bedtime -- especially spicy foods, which may cause heartburn.
- Spend time in the sunlight – ideally, early in the day (and don't forget your sunscreen).
- Create a relaxing bedtime routine to get your body and mind ready to sleep.
- Make your bedroom dark, quiet, cool, and comfortable. Use earplugs or a sleep mask if you need to.
- Skip caffeinated beverages within 6 to 8 hours of bedtime.
- Avoid smoking. Nicotine is a stimulant, which can keep you up.
- Exercise at least 20 minutes each day but try to do it at least 4 hours before bedtime.
- Can't sleep? Read or listen to soft music. Skip the TV, tablet, and smartphone.
- Avoid drinking alcohol for at least 3 hours before bed so it doesn't wake you up later.
- If you nap, keep it short (20-30 minutes) and not too close to bedtime. Late-day naps can lead to sleepless nights.

Pay attention to your sleeping patterns and your energy level during the day and try one or more of these tips if you want to make changes. Eventually you'll achieve the right amount of sleep for your body.



## Hacks for Moving More

With all the advances humans have made in the name of efficiency and convenience (computers, smartphones, cars, remote controls) we've managed to distance ourselves from the natural movement that day-to-day living once required. Finding ways to reclaim some of these smaller movements can help us maintain long-term health, fitness, and mobility.

You've probably heard some of the more common suggestions already – park at the back of the parking lot, do exercises during TV commercials, take the stairs, use a standing desk or an exercise ball for a chair. But here are a few of the more unusual suggestions out there that might appeal to you:

**Wash dishes by hand occasionally.** Not only do you get the movement

involved with washing, drying, and putting away dishes, it keeps you from collapsing in front of a screen immediately after dinner. Bonus: try this at a big holiday meal. Station yourself at the sink to wash, dry and put away dishes as they are used. It keeps you from sitting around all day, allows you to spend time chatting and catching up with family, and keeps things from piling up in the kitchen, which the hosts always appreciate.

**Drink lots of water.** Why is this a movement tip? Because the more water you drink, the more often you will have to make a trip to the bathroom. Which means moving around. It's like setting a timer that's really hard to ignore.

**Clean the house regularly.** House cleaning is underappreciated as an

exercise, but it requires a lot of movement! Not to mention bending, twisting, and lifting. All great functional movements that we need more of.

**Hold moving meetings.** Even if you need to have just a short conversation with someone, maybe you could ask them to talk it over as you go to grab lunch, or do a quick lap around the parking lot or inside your building. Networking is another activity that lends itself to this approach.

**Seek out something green.** Spending time in nature is another thing we don't do enough of. Take a break, get away from your desk, and move until you find someplace that offers plant scenery. Indoors or outdoors, either one works.

# When Quality Produce is Harder to Find (aka Winter)

Winter can be a tough time for finding fresh, high-quality produce. In our not-so-distant past, when most communities were growing and storing their own food, February and March were often referred to as the "hungry months." The gardens had been dormant for weeks, and food reserves on the pantry shelves were starting to get thin.

Nowadays (in this part of the world at least) we are fortunate enough to be able to go to a store, where nearly every kind of produce is available all winter long. But the produce department doesn't always offer the freshest or highest-quality stuff this time of year. It varies, depending on how far that produce had to travel to reach us, and how it was grown in the first place.

Is there an alternative? You bet.

From a nutrition standpoint, frozen fruits & veggies have been found to be at least as good as fresh produce – and sometimes even better. They are typically picked at the height of



their season and immediately flash-frozen, sealing in all that nutritious, seasonal goodness; whereas the fresh versions are often picked before they reach that peak nutrition point, to allow for extra ripening that will happen "off the vine" in transit to their final locations.

So don't hesitate to use frozen produce as a nutritious, convenient, and cost-effective option – especially when the supply of good quality fresh produce is limited. Take a stroll down the frozen foods aisle and take advantage of all that nutritional goodness this winter.

## Spreading Love: The Heart-Healthy Power of Kindness

Everyone can use more kindness. And extending kindness to others is beneficial to our own health in many ways. It can:

- Make us happier
- Improve heart health
- Slow aging
- Enhance relationships
- Diffuse stress
- Support stronger mental health

Even better, research suggests that a simple act of kindness can cause "significant improvement in the functioning of the immune system and increased production of serotonin" in the recipient of the kindness as well as in the person extending the kindness – and even in those who simply observe the act of kindness happening. Win-win-win!

In fact, let's give your immune system a boost right now. Try reading one of these [35 small acts of kindness](#) that people experienced first-hand, compiled by the editors of Reader's Digest.

There, don't you feel great? Now let's get out there and pass it on! If spreading kindness sounds like a wellness strategy you can get behind, the [randomactsofkindness.org](http://randomactsofkindness.org) website has some awesome resources for you — like downloadable calendars that offer ideas for spreading kindness year round.

## Easy Fried Rice

*Eating Well* by Breana Lai Killeen, M.P.H., RD

Serves 4

Mixed frozen vegetables make this fried rice recipe quick, easy and economical. If you don't have leftover cooked rice on hand, be sure to thoroughly cool your rice before adding it to the wok—if it's too warm, it creates too much steam and sticks to the wok. To quickly cool warm rice, spread out on a large baking sheet and refrigerate while you prep the rest of your ingredients, about 15 minutes.

### Ingredients

- 1 teaspoon plus 2 tablespoons peanut or canola oil, divided
- 2 large eggs, beaten
- 3 scallions, thinly sliced
- 2 teaspoons grated fresh ginger
- 2 teaspoons minced garlic
- 2 cups mixed frozen vegetables (thawed)
- 2 cups cold cooked brown rice
- 2 ½ tablespoons reduced-sodium soy sauce

### Directions

1. Heat 1 teaspoon oil in a large flat-bottomed carbon-steel wok or large, heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.
2. Add 1 tablespoon oil to the wok along with scallions, ginger and garlic; cook, stirring, until scallions have softened, about 30 seconds. Add vegetables and cook until just tender, 2 to 4 minutes. Transfer the contents of the wok to a large plate.
3. Add remaining 1 tablespoon oil to the wok; add rice and stir until hot, 1 to 2 minutes. As you stir, pull the rice from the bottom to the top so it all gets coated with oil and evenly cooked.
4. Return the vegetables and eggs to the wok; add soy sauce and stir until well combined.

# MMHG Wellness— Current & Upcoming Programs

Here's a list of some of the 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](http://www.MMHG.org/wellness) for description/registration details and be sure to check back often as new programs are added all the time.

## Ongoing

**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. Limited FREE spaces for MMHG members

**EX Program:** FREE online smoking cessation program

**Virtual Mindfulness Sessions:** Tuesdays, Wednesdays & Thursdays, 8:30–9:00 A.M.

**Virtual Yoga:** Mondays & Wednesdays, 5:15–6:15 PM

**Virtual Zumba:** Tuesdays & Thursdays, 5:15–6:15 PM

**Virtual Strength Training:** Tuesdays & Thursdays, 7:30–8 AM

## Upcoming Programming Highlights

**MMHG Wellness Organize your Life Challenge:**  
February 26th– April 7th

**Learn to Live Sleep Month Challenge:** March 1st– 31st

**Virtual Cardio Calisthenics Classes:**  
Thursdays in February, 1– 1:30 P.M.

**Mindful Movement: Chair Yoga for the Office (or Anywhere!):**  
March 19th, 12– 12:30

### Webinars:

**Cravings and Sugar Unsweetened:** February 21st 1– 1:30 PM

**Eat Like a Centenarian:** March 4th, 12–1 PM

**Unmasking the Secrets to a Better Night's Sleep:**  
March 6th 1– 1:30 PM, March 15th, 12– 12:30 PM,  
March 19th, 4–4:30 PM

**Ditch the Diets:** March 19th, 12–1 PM



**CHANGE HOW  
YOU EAT**

*Change How You Feel!*

**Get started at [www.savoryliving.com/MMHG](http://www.savoryliving.com/MMHG)**



"The Savory Living program is teaching me HOW to eat. It is truly changing my life, as no one in my life ever taught me how often I should eat or what I should eat - and why! Not only am I losing weight, but I have more energy, am not sick as much, and my body has less aches, pains, and less migraines! You can take from this program as much as you want. Just watch the videos, or also log your food, email with your coach as often as you need, watch and /or download the cooking tutorials - it has as much or as little support as you want. You can also go through the program as fast or slow as you wish. Try it out - I hope you get as much from the program as I am." -Barb T. MMHG Member



"I have been on many diets in the past and even had weight-loss surgery. I will have to say this program truly is the most realistic program I have ever been on and I'm seeing results. Sue and my coach Olivia have truly been a great support. If you are looking for a program that is realistic and sustainable, you should definitely give Savory Living a try." - MMHG Member



"I am so glad to have tried this program! I've learned to cook and enjoy vegetables in so many new ways. I'm learning to eat better, control my sugar intake, reduce inflammation and I'm seeing results. Weight loss and lower cholesterol!" - Patricia MMHG Member

## WIN A LIVING WELL COOKBOOK!

Print, solve and return the completed puzzle to MMHG no later than **April 1st** and you'll be entered in a random drawing to win one of four **Refresh and rejuvenate to-go kits**. The act of rejuvenation can give you renewed energy! Benefits include improved mood, decreased blood pressure, and bolstered immune health. This kit contains a lemon verbena candle and lemon verbena bath products.

Complete the bonus poll below for a chance to win a \$50 gift card voucher!

Return your completed puzzle by:

### Email-

wellness@mmhg.org

### or FAX-

774-773-9403

### or Mail-

MMHG

PO Box 6008

North Plymouth, MA 02362

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](mailto: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.

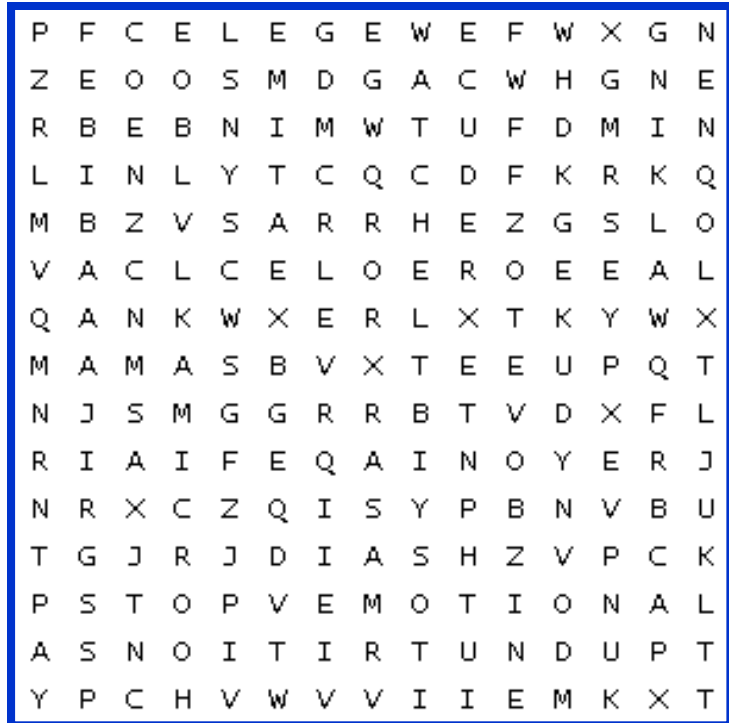
**Winners will be notified by email on April 2nd and published in the spring newsletter.**

Fall Puzzle Raffle Winners: Blake Monachino (SSEC), Dawn Demaggio (Rochester), Ned Bangs (Marshfield), Dina Amado (Whitman), Tammy Hillery (Halifax)

## SOLVE THE MMHG WELLNESS PUZZLE

### Heart Health Month Puzzle

Puzzle Directions: Circle or highlight the in the word search puzzle below. Look across, down, diagonally, upside down, and backward to find the words in **BOLD**.



**EXERCISE** to build a healthy heart.

**WALKING** is one of the best, all-around exercises.

**VISIT** your health professional regularly.

**STOP** smoking.

**CONTROL** your blood pressure.

**WATCH** your weight.

Eat heart **SMART**.

Read **NUTRITION** labels.

Get plenty of **SLEEP**.

**REDUCE** "bad" cholesterol levels.

Keep **DIABETES** in check.

Boost your **EMOTIONAL** health.

**MANAGE** stress.

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

What Heart-Healthy MMHG Wellness Programs would you like to see more of?

- ☐ Walking/Activity Challenges
- ☐ Nutrition/Healthy Cooking Webinars and Seminars
- ☐ Stress Management/Mindfulness Webinars and Seminars
- ☐ Exercise Classes Virtual and In-Person
- ☐ Other: \_\_\_\_\_

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

# **29 Ways to Prioritize Your Wellbeing on Leap Day**

**Because it's Leap Year, this February we will experience the rare gift of an extra day.**

*"I love Leap Day! You're given this gift of 24 extra hours. You can't waste it at work or school. You have to do something extraordinary, something shocking."*

– "Phil Dunphy", *Modern Family*

To be clear, we're not suggesting anyone skip work or school – that's just not realistic for most of us. But what if we seized this moment as an opportunity to put a little extra focus on our wellbeing? Show yourself some love this Leap Day! Here are 29 ideas:

1. On this "extra" day, do something extra. Take an extra-long walk, spend a few extra minutes on a hobby, take extra time with your family, go to bed early for some extra sleep.
2. Tackle a bucket list item
3. Invest in your future health – make doctor appointments, or gather up a flu kit
4. Make time to connect with someone you rarely get to connect with
5. Digital detox! Take the day off from devices and social
6. Declutter one thing. Clean out old medications, or a junk drawer
7. Try a new meditation or fitness class
8. Reflect, or set goals
9. Celebrate where you are now in life
10. Create a time capsule or write a letter to "future you," to be opened next Leap Day
11. Spend time in nature
12. Learn something new
13. Plan a spontaneous adventure
14. Try a new recipe
15. Visit a new restaurant, brewery, winery, etc.
16. Volunteer or give back
17. Enjoy a classic winter activity – go skating or snowshoeing, have a snowball fight or make snow angels
18. Learn a new skill – take a class or learn from DIY videos online
19. Read a book
20. Write something – journal, do some creative writing, or pen an actual letter to a loved one
21. Go to a museum
22. Sign up for a class
23. Watch a documentary
24. Call or text someone to say you're thinking of them
25. Do something kind for someone
26. Take a nap
27. Stay in PJ's all day
28. Play a board game with family or friends
29. Have your favorite meal or bake a special treat and enjoy it fully



## There's a New & Improved Blue Cross Blue Shield AHEALTHYME Website!

And MMHG/BCBS members can earn gift cards!

Eligible BCBS subscribers enrolled in active non-Medicare plans can earn up to \$50 in Amazon gift cards for participating in the new MMHG AHEALTHYME incentive.

Full details available [HERE](#) and at [MMHG.org/Wellness](http://MMHG.org/Wellness)

## 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)

## 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](http://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](http://www.mmhg.org) for a calendar of wellness events and more.



## Thinking About Quitting?

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

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](http://www.mmhg.org/wellness)

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.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means, contact us at 774-773-9306 or by email [wellness@mmhg.org](mailto:wellness@mmhg.org) and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

Contact us/email: [wellness@mmhg.org](mailto:wellness@mmhg.org)



[Follow us on Instagram](#)

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 ~