



Beneficial Wellness Newsletter

Improve Your Overall Health- One Step At A Time!

Join the MMHG Wellness Spring Walking & Activity Challenge!

May 1st– June 11th
Win prizes!

According to the **American Heart Association** walking for exercise is the simplest positive change you can make to effectively improve your heart health. But did you know that walking for exercise just 30 minutes a day can also be beneficial to your overall health?

Walking for exercise can assist with everything from weight loss to management of conditions like high blood pressure and type 2 diabetes. But we don't always make the connection between walking for exercise and other things like managing stress, improved interpersonal relationships, increased creativity, higher energy

levels and improved sleep. By adopting a healthy routine that includes walking for exercise, you will not only improve your health status but the overall quality of your life as well.

Sign up today for the **MMHG Spring Walking Challenge** and take that first step towards a more active and healthy lifestyle! You'll be able to track your progress online and we'll keep you motivated with walking tips, local trail recommendations, and more.

You'll also be eligible to win team prizes, weekly raffle prizes and be entered in a grand prize raffle at the end of the challenge. You'll find complete details on the challenge at:

www.MMHG.org/Wellness

What if I'm not very active?

* If you're not very active but are able to walk, start slow and increase your walking distance gradually. Even a short 5-10 minute walk a few times a day has health benefits.

* If your joints are a problem, check with your medical provider for alternative exercises that work for you. Pool exercises may be an option as the water helps to support your joints while you move and can help you strengthen your muscles.

* You can manually enter other types of physical activity during the **MMHG Wellness Spring Walking & Activity Challenge** and it will convert the activity to steps. Once registered, check the challenge bulletin board for instructions.

Hot Topics:

Solve the MMHG Wellness Puzzle for a chance to win a gift card!

This issue's puzzle "Spring Vegetables" is posted at www.MMHG.org/wellness (click on the "Spring MMHG Wellness Puzzle" link). Solve and return the completed word search puzzle to us no later than **June 15th** for a chance to win one of **5- \$25 gift card vouchers**. Complete the bonus poll for a chance to win a **\$50 gift card voucher!**

Preventive care helps detect or prevent serious diseases and medical problems before they can become major. Live your healthiest life with an annual wellness check-up with your primary care provider, and getting recommended screenings and tests!

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.

MMHG Wellness Twilight Virtual Exercise Series



You asked and we listened!

MMHG Wellness has received feedback that many of our live virtual webinars and exercise programs are scheduled during the weekday lunch hours, making it difficult for some of our members to attend.

With that in mind we've put together a live, virtual exercise series in May with weekly classes that are scheduled later in the day. Recordings of each class will be available for 30 days after each class in case you can't make it—or want to do the class again.

The live virtual classes are available through Zoom, so you can watch on your smart phone, laptop, tablet, desktop computer and even through your smart TV!

For class links and descriptions visit www.MMHG.org/Wellness and click on the link to the "Twilight Exercise Series" or email wellness@mmhg.org and we'll send you the information.

Resistance Training:
May 2nd, 6– 6:30 pm

Tai Chi:
May 10th, 6:30– 7 pm

Face Yoga:
May 16th, 6– 6:30 pm

Tabata:
May 24th, 6:30– 7 pm

We'd love to hear from you! Send us your feedback, and wellness program ideas and success stories!

Email: wellness@mmhg.org or call **774-773-9306**

MMHG Smart Consumer Programs
Save \$\$\$

For Details Visit
www.MMHG.org/Benefits

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

CanRx prescription drug mail order- This cost saving program is for eligible members taking brand name maintenance medications approved by their doctor. You'll pay **no copayments** with the convenience of receiving medications in the mail.

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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.

Mind & Body Reimbursement Benefit for Blue Cross Blue Shield Members

New! Begins July 1st

Save up to \$300 per family per calendar year.

Great holistic health shouldn't be a stretch and MMHG is pleased to announce a new benefit for eligible BCBS members. **Beginning July 1st** active (non-Medicare) plan BCBS members can get reimbursed for qualified holistic mind and body services and apps!

Qualified for Mind & Body Reimbursement:*

- Massage therapy
- Hypnosis therapy
- Meditation therapy
- Tai chi
- Qi (chi) gong
- Breathing and meditation apps (like Calm, Headspace and others)

**Practitioners must be licensed, certified, or accredited for a service to qualify for reimbursement.*

Not Qualified for Mind & Body Reimbursement:

- Visits to nutrition providers or other services included in the Fitness or Weight-Loss Reimbursement programs
- Apps not focused on breathing or meditation, such as those focused on sleep

Tip: You can get up to 30 percent off standard rates when you use an alternative health practitioner in the BCBS network. You'll also have peace of mind knowing that your practitioner is accredited in their field and meets specific requirements for education, training, and facilities. To search for a practitioner, go to bluecrossma.org or call BCBS member services. Be sure to check with your doctor before receiving alternative medicine services.

Important Information for MMHG Subscribers:

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

- ⇒ Change of address
- ⇒ Divorce/Remarriage
- ⇒ Medicare eligibility of yourself or of a dependent
- ⇒ Marriage
- ⇒ Birth/adoption/legal guardianship
- ⇒ Dependent loss of status as a dependent (except for turning age 26)

Medicare Plan Subscribers:

- ⇒ Medicare primary subscribers and dependents must continue to pay their Part B premium to be eligible for coverage.
- ⇒ Medicare Plan subscribers **do not enroll in another Part D plan** without checking with your benefit coordinator first. Enrolling in another Part D plan could automatically cancel your coverage in your current MMHG plan!

Maintain your Muscle— Strength Training



Content Source: NIH News in Health

Exercise can help you live a longer, healthier life. In addition to aerobic and flexibility exercises, strength training, also called resistance training or weight training, is particularly important. Building muscle helps you keep up the activities you enjoy at any stage of your life. Some types of strength training keep your bones healthy, too.

Experts recommend strength training activities for all the major muscle groups two or more days a week for adults and three for kids and teens.

To build muscle safely:

- Start slowly, especially if you haven't been active for a long time.
- Pay attention to your body. Exhaustion, sore joints, or muscle pain mean you're overdoing it.
- Use small amounts of weight to start. Focus on your form, and add more weight slowly, over time.
- Use smooth, steady movements to lift weights into position. Don't jerk or thrust weights.
- Avoid "locking" your arm and leg joints in a straight position.
- Don't hold your breath during strength exercises.
- Ask for help. Look for a group class at a local gym, recreation center, or senior center. Or find a trainer.

Get started with MMHG Wellness:

★ MMHG members can access FREE, 24/7, high quality, on-demand fitness classes for all levels (including virtual strength training workouts) at <https://app.wellable.co/On-Demand> (enter code [MMHGWellness](#)). Check out the 15-Minute Upper Body Blast with Sarah Kusch!

★ Blue Cross Blue Shield members can receive up to \$300 in reimbursement annually for joining a gym or for purchasing fitness equipment.

★ Harvard Pilgrim members can receive up to \$300 in reimbursement annually for joining a gym or subscribing to a virtual fitness class subscription.

★ Visit www.mmhg.org/wellness for a calendar of events with FREE virtual AND live classes like **Zumba Toning** (with hand weights).

What's for Dinner? Teriyaki Salmon & Veggie Rice Bowls!

According to Sue Levy of **Savory Living**, creating “meal bowls” are a fast way to crowd healthy foods into your meals in 3 easy steps. 1) fill your bowl with greens, veggies, grains, protein 2) add flavor with spices, sauces and toppings and 3) enjoy! Here's a delicious recipe for Sue's favorite meal in a bowl. Feel free to substitute the salmon for boneless chicken breast or cubed tofu!

Teriyaki Salmon & Veggie Rice Bowls

2 Servings

Cook time: 30 minutes

Ingredients:

Base

4 cups Mixed Greens (that you like)
2 cups Cooked Rice (brown)

Salmon

1 lb Salmon (skinless filets cut into chunks)
Vegetable oil
1/2 cup Teriyaki Sauce



Fixings (all veggies are great. This combination is Sue's favorite!)

4 scallions (chopped)
1 Tablespoon Sesame Seeds (not essential)
1/2 cup Edamame Beans (cooked)
1/2 cup Cucumbers (thinly sliced)
1/2 Avocado (sliced)
1/2 cup Shredded Carrots

Sauces

4 Tablespoons Mayo
2 Tablespoons Sweet Chili Sauce

1/4 cup Teriyaki Sauce

Preparation:

1. Cook Rice, Follow package instructions.
2. Wash Leafy Greens and put Fixings into separate bowls
3. Cook Salmon Chunks
 - Heat nonstick skillet over medium heat, add oil and brown the Salmon on each side
 - Turn up the heat to medium high, add 1/2 cup of Teriyaki Sauce and cook, stirring gently for 1 minute.
 - Add in Scallions. Stir to combine and cook 2 more minutes (until desired doneness)
3. Make Sauce
 - Stir Mayo and Sweet Chili Sauce together
4. Assemble your Bowl and ENJOY!
 - Add Base ingredients, then Salmon, then Fixings and drizzle with Chili Mayo Sauce and Teriyaki Sauce

IMPROVE YOUR LIFE with Food! The Savory Living online program will guide you step-by-step to apply the power of evidence-based healthy eating to reduce inflammation and take control of how you feel. You'll discover how to eat right for YOU and turn it into a fun and delicious lifestyle that you love! BONUS: MMHG members get the program FREE (limited spaces available). Visit www.savoryliving.com/mmhg to learn more.



MMHG Wellness— Current & Upcoming Programs

Here's a sample 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 for a complete schedule of events and description/registration details. 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.

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

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

Upcoming Programing Highlights

MMHG Wellness Spring Walking Challenge: Get inspired and get moving for a chance to win raffle prizes! May 1st– June 11th

Virtual Twilight Exercise Series:

Resistance Training (5/2, 6-6:30pm)

Tai Chi (5/10, 6:30-7pm)

Face Yoga (5/16, 6-6:30pm)

Tabata (5/24, 6:30-7pm)

Mindful Movement Desk Yoga (5/16, 12-12:30pm)

Webinars:

Resilience- The Role of Optimism in Overcoming Life's Challenges (5/9, 1-1:30pm, 5/12, 10-10:30am, 5/19, 12-12:30pm, 5/23, 3-3:30pm)

Menopause (6/6, 12– 1:00pm)

MAYFLOWER MUNICIPAL HEALTH GROUP



65 Cordage Park Circle,
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Plymouth, MA. 02360



MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:

Bridgewater ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Dartmouth Fire District No. 3 ~ Greater Attleboro
Taunton Regional Transit Authority ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hull ~ Kingston ~ Marshfield ~
Norfolk County ~ North River Collaborative ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester
~ Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency
Communication Center ~ South Shore Regional School District ~ Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ West Bridgewater ~
Whitman ~ Whitman-Hanson Regional School District ~



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BE THE SUPERHERO OF YOUR LIFE



DIGITAL MENTAL HEALTH PROGRAMS FOR:

Resilience | Stress, Anxiety & Worry | Depression | Social Anxiety | Insomnia | Substance Use | Panic

Empower yourself with help from Learn to Live!

This May, participate in Learn to Live's
Mental Health Month Challenge for an
opportunity to win an Amazon e-gift card!

TO QUALIFY:

- ✓ Enroll in a Learn to Live program
- ✓ Complete a lesson in your Learn to Live program

Visit learntolive.com/partners
and enter code **MMHG**



Or scan to
download the
Learn to Live app.



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