

Beneficial Wellness Newsletter

The 4 Pillars of Health

A Foundation for Healthy Living

One way to look at health is to think of your body as your home. Just like a house needs support pillars to remain strong, your body also needs strong supports.

The following 4 Pillars of Health provide the foundation for healthy living and can determine how much energy you have, your physical strength, and mental resilience. Your wellness journey should focus on all 4 pillars for optimal health and balance.

Pillar One: Nutrition

What you eat, whether healthy or unhealthy, impacts your body and the way it functions.

Pillar Two: Physical Activity

Daily movement and exercise is important. Exercise has numerous benefits and can help keep your body functioning the way it is supposed to.

Pillar 3: Sleep

Sleep is the time your body uses to rebuild, regrow, and recover. If you deprive yourself of sleep, your body reacts in negative ways.

Pillar 4: Behavioral Health

This pillar encompasses many topics including stress management, mindfulness, anxiety, and financial wellness. Having a good support system and healthy relationships are necessary for good mental health.

MMHG Wellness is committed to providing members health and wellness tools in topics that encompass all 4 Pillars of Health. Visit www.mmhg.org/wellness to find out more about the programs offered and for a calendar of events. If you have any questions, comments or suggestions call us at 774-773-9306 or send an email to wellness@mmhg.org.

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)

Medex subscribers:

- ⇒ Medex and Medicare primary subscribers and dependents must continue to pay their Part B premium to be eligible for coverage.
- ⇒ Medex/Blue Medicare RX PDP subscribers **do not enroll in another Part D plan** without checking with your benefit coordinator.

Hot Topics:

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

This issue's puzzle "Sensational Salads" 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 Stop and Shop gift cards. Complete the bonus poll for a chance to win a \$50 Stop and Shop gift card!

New for FY23

BCBS plans: At home fitness equipment will be added to the \$300 fitness reimbursement benefit beginning 7/1/2022!

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Protect your Skin- May is Skin Cancer Awareness Month



As you head outdoors for warmer weather and fresh air make sure you pack some sunscreen and wear a hat and sunglasses.

Skin cancer is the most common cancer in the United States, affecting more than 5 million people per year and unprotected UV exposure is the most preventable risk factor for skin cancer. Fortunately, when caught early, skin cancer is also one of the most preventable forms of cancer.

To protect your skin from the sun's harmful UV rays and reduce your risk the **Skin Cancer Foundation** recommends that you:

- Seek the shade, especially between 10 AM and 4 PM.
- Don't get sunburned.
- Avoid tanning, and never use UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV blocking sunglasses.
- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- Keep newborns out of the sun. Use sunscreen on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See a dermatologist at least once a year for a professional skin exam.

Visit www.skincancer.org to learn more.

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.

May is Mental Health Month

Your mental health is essential to your overall well-being. But knowing how or where to start can feel overwhelming. We've compiled these helpful resources to make it easier to find the right support.

MMHG Wellness:

Sometimes a simple lifestyle change, like increased exercise, or better diet and sleep habits, can have a real impact on how you feel, physically and mentally. Visit mmhg.org/wellness for a calendar

Mental Health Resources for MMHG Members

of FREE wellness programs including webinars, virtual exercise classes, challenges, incentives, healthy eating programs and more.

Blue Cross Blue Shield Members:

Visit the **BCBS Mental Health Resource Center** at bluecrossma.org for information including:

- finding an in-person or online therapist
- to explore wellness offerings
- find substance use disorder support.

BCBS is now covering virtual therapy visits through Brightline, an independent company, for members in Massachusetts ages 3 to 17. Learn more at hellobrightline.com.

Harvard Pilgrim Members:

Visit the Harvard Pilgrim Behavioral Health and Resources webpage at harvardpilgrim.org to learn more about mental health benefits.

HP members who think they need help but aren't sure where to begin can call the **Behavioral Health Access Center (888) 777-4742** to speak confidentially with a licensed clinician.

Learn to Live: Your Online Mental Health Tool

Assess and explore your feelings, thoughts, emotions, and mind. It's confidential. Self-guided. No-cost and available 24/7. Learn to Live is available to all MMHG member unit employees, retirees, and dependents Age 13+. Programs include:

- Social anxiety
- Depression
- Stress, anxiety, and worry
- Insomnia
- Substance use

Get started by taking your assessment at learntolive.com/partners and enter the code **MMHG**.

More Mental Health Resources

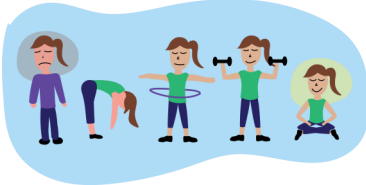
Websites:

- cdc.gov/mentalhealth
- samhsa.gov
- mentalhealthamerica.net
- psychologytoday.com
- nationalparenthelpline.org
- mentalhealth.gov
- www.plymouthctyspc.org (Plymouth County Suicide Prevention Coalition)

Helplines:

- 800-273-TALK (Suicide Prevention Lifeline)
- 800- 662-HELP (SAMHSA National Healthline)
- 877-870-HOPE (State Wide Samaritan's Helpline)

Exercise and Mental Health



Regular exercise has many well-known benefits such as improving heart health, building muscle, and lowering blood pressure. But did you know that exercise is also an excellent tool for maintaining mental health? Research shows that regular exercise:

- Boosts mood & energy
- Reduces anxiety and stress
- Encourages better sleep
- Sharpens memory and mental alertness.
- Improves self-esteem

Research also indicates that even modest amounts of exercise can make a real difference. You don't have to spend hours at the gym to reap the physical and mental health benefits of exercise. Just 30 minutes of moderate exercise 5 times a week is enough. You can even break that into 10 or 15 minute sessions.

Any physical activity that gets you moving will be beneficial. Gardening, walking your dog, washing your car, biking, housework, dancing, and yoga are all examples of activities that will get you moving toward better mental health.

MMHG members can access **FREE high quality on-demand fitness classes** for all levels at <https://app.wellable.co/On-Demand>

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— 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 for description/registration details and be sure to check back often as new programs are added all the time.

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

Challenges:

Passport to Wellness Challenge

Coming this summer!

Live Virtual Fitness Classes

Zumba Toning with Debbie Rafferty

Wednesdays, 5:00– 6:00 P.M. Through June

Yoga

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

Zumba

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

Cooking Classes

Cooking Class: Taco Time in no Time!

Tuesday, May 10th, 12:00– 1:00 P.M.

Cooking Class: Diabetically Delicious

Tuesday, May 23rd, 12:00– 1:00 P.M.

Cooking Class: Quick, Easy, Fresh Everyday Meals in Minutes

Tuesday, June 6th, 12:00– 1:00 P.M.

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

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

Savory Living Recipe - Kale Salad with two dressings



Savory Living's Sue Levy preparing raw kale salad with a flavor packed raw marinara sauce.

Calorie for calorie, Kale gets the top nutrient score. Here's a simple technique for creating delicious raw kale salads. You can flavor the salad with any dressing you want but do give the creamy lemon tahini and raw marinara sauce a try— they are delicious!

Serves 4

Ingredients:

1 bunch of kale, tough stems removed, roughly chopped
Diced tomatoes
4 teaspoons hempseeds

Method:

~Make dressing (see below).
~Place kale in large bowl and add the dressing. Use your hands to massage the kale (key step to soften kale) with the dressing
~Add kale to plates and top each portion with diced tomatoes and hempseeds

Dressing 1 - Creamy Lemon Tahini

*1/2 cup tahini *1/4 cup olive oil *1/4 cup water *2 Tbsp fresh lemon juice *1 chipotle chili in adobo, drained, seeds removed (optional) *1 tsp agave nectar or pure maple syrup *1 tsp ground cumin *1 tsp ground coriander *1 tsp sea salt-Combine all ingredients in blender and puree until smooth

Dressing 2 - Raw Marinara Sauce

*1 cup sundried tomatoes (either in oil, or soaked for 30 min to reconstitute), drained
*2 medium ripe tomatoes (cored, seeded and chopped) *1-2 small cloves of garlic, peeled
*2 Tbsp nutritional yeast (creates "cheese" like taste) *1 Tbsp olive oil *2 tsp dried oregano *1 tsp balsamic vinegar *1-2 small pitted dates *1/2 tsp sea salt *1 cup water, as needed to get to desired consistency



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!

~Use food as medicine – set and achieve YOUR health goals
~Personalized to you. Includes a behavior change coach
~Unique 12-session anti-inflammatory nutrition + cooking curriculum
~Self-paced. Go through as little or as much as you need
~Runs online, on your schedule, on any device
~**First 20 to sign up will get the whole program paid for!**

Visit www.savoryliving.com/mmhg

**MAYFLOWER MUNICIPAL
HEALTH GROUP**



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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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Follow us on Instagram

Depression affects almost 10%
of people each year. Are you
struggling to work through
negative feelings?

Meet  **learntolive**

proven, confidential, online programs

Stress
Depression
Social Anxiety
Insomnia
Substance Use

Take your confidential assessment

learntolive.com/partners and enter MMHG

Visit www.mmhg.org/wellness

MMHG Smart Consumer Programs

Visit www.mmhg.org/benefits for details

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

Telehealth- Members can visit doctors and providers anytime, anywhere in the United States using their smartphone, tablet, or computer with a webcam.

CanaRx prescription drug mail order-
This cost saving program is for eligible members taking brand name maintenance medications approved by their doctor. It provides no copayments with the convenience of receiving medications in the mail.

Shields Simply Save- Enjoy no copayment (depending on your plan) when you chose a Shields facility for high tech imaging.

MMHG Wellness Program (all members are eligible)- Free seminars, webinars, cooking demos, smoking cessation, weight management programs, healthier you initiatives, yoga & Zumba classes, and more!