

Beneficial Wellness Newsletter

A Healthy Me Incentive

Hot Topics:

Fall Newsletter
"Soup's On" Puzzle
Winners:

(5) Mindfulness Desk Calendars:

Melissa T. (Kingston),
Karen T. (Silver lake),
Patrice B. (Rochester),
Carol L. (Norfolk CY),
Maura D. (Hanover)

\$50 Amazon Gift

Card:

Kathy O. (Plymouth CY)

Winner of
"What's your Favorite
Soup" Poll:

CHICKEN SOUP

See page 6 for a new
puzzle and another
chance to win prizes!

Earn a \$50 American Express Gift card!

Eligible MMHG Blue Cross Blue
Shield subscribers (enrolled in
active non-Medicare plans) that
successfully complete the follow-
ing 3 steps between **January 1,**
2022 and April 30, 2022 through
their [ahealthyme account](#) can
earn 50 points and receive a \$50
American Express gift card!

1. Take the Online Health
Assessment
2. Complete your annual
Well-Visit
3. Complete a 4-6 Week Online
Wellness Workshop ➡

For complete details of
the incentive program
click [HERE](#).

ahealthyme
Everything to live a healthier life

Multi- Week Online Workshop Topics Include:

- Breathe Easy—Tobacco Cessation
- Finding the Right Balance—
Weight Management
- Fit for Life—Physical Activity
- Smart Choices—Healthy Eating
- Take a Break—Stress Management
- Mindful Living—Mind and Body
Connection
- Rest and Recharge—
Sleep Wellness
- Smart Spending and Saving—
Financial Wellness
- Healthy Mouth, Happy Smile—
Dental Wellness
- Prediabetes Prevention
- Advance Care Planning

31 Day Fruits & Vegetables Challenge

Win Prizes for Eating 5+ Servings of Fruits & Vegetables Each Day!
March 1st– 31st

A Basic First Aid Kit
for Home and Car

2

Last year MMHG members logged over **12,000 servings** of fruits and vegetables in
the annual MMHG Wellness 21 Day Fruits & Vegetables Challenge.

Better Sleep Boosts
Immunity

3

This year we're extending the popular challenge to **31 days** so that participants have
more time to create healthy new habits by focusing on eating a variety of delicious
fruits and vegetables. Participants in the challenge will receive a log sheet, and
emails with healthy tips and recipes. At the end of the challenge, participants that
return their completed log sheet will be entered in a raffle to win **one of ten \$25**

MMHG Wellness—
Upcoming Programs

4

Stop and Shop gift cards!

Solve the MMHG
Puzzle— Heart Healthy
Foods

7

Click [HERE](#) for details. Register by email at wellness@mmhg.org.

Inside this issue:

Healthcare IQ Corner: How to be a Savvy Consumer



The Healthcare IQ Corner is a regular feature of the MMHG Beneficial Wellness Newsletter. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.

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

The Basic First Aid Kit Every Home (and Car) Should Have

Do you have an up-to-date first aid kit at home and in your car? If not, here are some recommendations for items you'll want to have in your kits.

Supplies:

Airtight packages of moist wipes - Alcohol wipes - Antibiotic ointment - Antiseptic ointment or wipes - Bandages (several sizes) - Calibrated medical spoon and dropper - Cold pack - Cotton-tipped applicators - Elastic wrap and closures - Flashlight and extra batteries - Paper and pencil/pen - Roll of adhesive tape - Safety pins - Sterile gauze pads and roll of gauze bandages - Sunscreen (SPF 15 or higher) - Activated charcoal and syrup of ipecac (call Poison Control Center before using: 800-222- 1222) - Tweezers - Scissors - Disposable gloves - Thermometer (oral, non-glass)

Medicines:

Acetaminophen, aspirin, ibuprofen and/or naproxen sodium (for pain relief and fever reduction) - Chewable aspirin tablets (for symptoms of a heart attack) - Antacids - Antihistamine tablets or syrup - Antidiarrheal medicine - Cough medicine - Decongestant tablets or liquid

For Car:

Blanket - Large flashlight and extra batteries - Flares - Large waterproof tarp or cover - Plastic water bottles, sealed - Snacks like trail mix or granola bars (change-out often), cell phone car charger



Rewards Program

SmartShopper[®]

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.

Start Earning Rewards [HERE](#)

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 and Medicare primary subscribers/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.

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.



Better Sleep Boosts Immunity

Lack of sleep can affect the body in many ways.

Beyond just feeling tired, long-term sleep deprivation may be linked to health problems such as heart disease, obesity and depression. Getting enough quality sleep also helps keep our immune system healthy so we can fight infections like the coronavirus and COVID-19. Try these tips to get better sleep each night:

- **Have a consistent schedule.** Get up at the same time each morning and go to bed at the same time each night. This will help to set your body's internal clock. Over time, you'll fall asleep quicker and may sleep better throughout the night.
- **Skip screens.** The light given off by smartphones, tablets and computers can actually keep you awake. Avoid electronics in the evening, at least 2 hours before bedtime.
- **Think about skipping naps.** Although a nap may feel great when you're tired, it could be causing more sleep problems. Napping
- **Get moving.** Exercise during the day has been shown to improve sleep quality. Walking, jogging, or any activity you enjoy can be helpful. Don't exercise within 2 hours of bedtime, though, if you have trouble falling asleep.
- **Be careful about caffeine.** That afternoon cup of coffee could still be in your system at bedtime, making it difficult to fall asleep. Try to avoid soda, tea and coffee after lunch.
- **Don't smoke.** Nicotine interferes with sleep and harms your health in many other ways. If you need help quitting, talk to your doctor or visit smokefree.gov for free help with quitting. It's never too late to quit.
- **Don't eat a big meal before bed.** Heavy meals can interfere with sleep and make you restless. Eat dinner about 2 to 3 hours before bedtime. If you need a snack, make it small and light, such as yogurt and fruit or a handful of nuts.

Source: American Institute of Preventive Medicine

FREE [Learn to Live](#) Webinar: Unmasking the Secrets to a Better Night's Sleep

How does the amount or quality of sleep that you get affect you? You may be surprised by the far-reaching impact that the lack of sleep can have on our lives. But rest assured, [Learn to Live](#) has gathered some very practical ways you can improve your sleep, starting tonight. Join us to learn more!

4 chances to participate:

March 9th 10:00– 10:30 am
Register [HERE](#)

March 18th 1:00– 1:30 pm
Register [HERE](#)

March 22nd 12:30– 1:00 pm
Register [HERE](#)

March 29th 5:00-5:30 pm
Register [HERE](#)

**Your Learn to Live Access
Code is: MMHG**



Make time to understand your insomnia.



We'll show you how.

Visit LEARNTOLIVE.COM/PARTNERS and enter **MMHG**
Disponible en Español



Use your phone to
scan the QR Code

ONLINE MENTAL HEALTH PROGRAMS FOR: STRESS, ANXIETY & WORRY |
DEPRESSION | SOCIAL ANXIETY | INSOMNIA | SUBSTANCE USE

© 2022 Learn to Live, Inc. is an independent company offering online cognitive behavioral therapy programs and services. Learn to Live, Inc. programs and resources are provided in English and Spanish.

GET THE LEARN TO LIVE APP



5 TECHNIQUES FOR STRESS MANAGEMENT



DEEP BREATHING



MINDFULNESS



MOVEMENT



POSITIVITY



SELF-CARE

#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

Click [HERE](#) to learn more.



MMHG Wellness— Current & Upcoming Programs

Here's a list of virtual MMHG Wellness programs that can be easily accessed using your computer, tablet, or smart phone. Visit www.MMHG.org/wellness for description/registration details and check back often as new programs are being added all the time. MMHG Wellness programs are **FREE** and open to employees, retirees & dependents of MMHG member units.

Questions? Send an email to wellness@mmhg.org or call 774-773-9306. Reminder: Always check with your health care provider when beginning a new exercise or diet program. Programs are subject to change, cancellation and participation may be limited due to eligibility, space and/or budget.

Challenges:

31 Day Fruits & Vegetables Challenge

Win prizes! March 1st– March 31st

Ongoing Programs:

Savory Living

12 session online, evidence-based, healthy eating food as medicine program. *Start now and get it FREE.*

Wellable On-Demand Fitness

FREE and unlimited online access to 100+ professionally filmed on-demand exercise classes with top fitness trainers. *NEW*– now includes guided meditation sessions and meal planning and recipes.

Learn to Live

Free & confidential online mental health program.

EX Program

FREE & confidential online smoking cessation program.

Guided Mindfulness Sessions

Tuesdays & Thursdays 8:30– 9:00 A.M.

Live Virtual Fitness Classes

Cardio Calisthenics

Thursdays, 1:00– 1:30 P.M. through February

Yoga (ongoing)

Mondays & Wednesdays, 5:15– 6:15 P.M.

Zumba (ongoing)

Tuesdays & Thursdays, 5:15– 6:15 P.M.

5 Session Yoga Series

Thursdays, 1:0– 1:30 P.M. March 3,10,17,24,31

Zumba Toning with Debbie Rafferty

Wednesdays, 5:00 P.M. through March

Webinars:

Heart Health 101– view recording [HERE](#)

Resisting the Pressure to be Perfect

February 15th , 5:00- 5:30 P.M. or
February 25th , 10:00- 10:30 A.M .

Heart Healthy Sweets

February 16th, 1:00– 1:30 P.M.

Warm your Heart with Chili

February 23rd, 1:00– 1:30 P.M.

Resilience, Grit & Mental Toughness

March 2nd, 1:00– 1:30 P.M.

Nutrition Ambition

March 8th, 10:15– 11:00 A.M .
March 9th, 12:15–1:00 P.M .
March 10th, 2:15– 3:00 P.M .

Unmasking the Secrets of a Better Night's Sleep

March 9th, 10:00– 10:30 A.M.
March 18th, 1:00– 1:30 P.M.
March 22nd, 12:30– 1:00 P.M.
March 29th, 5:00– 5:30 P.M.

The Healing Benefits of Mother Nature

March 9th, 1:00– 1:30 P.M.

Nutrition Resilience

March 16th, 1:00– 1:30 P.M.

Being your Best Self at Work

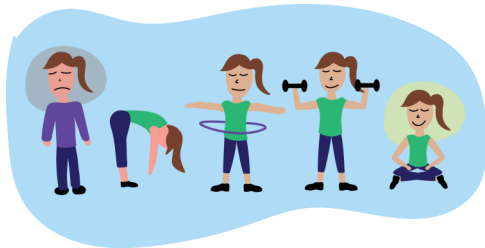
March 23rd, 1:00– 1:30 P.M.

How to Reduce Stress in your Mind and Body

March 30th, 1:00– 1:30 P.M.

Visit www.mmhg.org/wellness for the most up-to-date calendar of MMHG Wellness events

Small Ways to Start Moving More



One small step for mankind, one giant leap for your overall wellness!

Source: MoveitMonday.org

We've all got busy schedules, but it's important to remember to set aside time for some movement. It might be hard to believe, but it's possible (actually, pretty easy) to go an entire day without having to walk more than a few hundred steps.

But making slight modifications to your daily routine can lead to monumental life transformations. Simple activities such as walking, gardening, or even climbing a few extra flights of stairs can positively impact your overall health, reducing the risk of developing diabetes and helping with weight management. If you want to expand your range of motion and incorporate more physical activity into your day, then you've got to go small and walk home.

Here is our list of other small changes you can make to your daily routine that can help you become more active.

Take a Lap (Around the House)

It might not seem like much, but tidying up the house or simply walking from room to room are two simple ways to re-introduce yourself to some low stress movements.

Move with Music

Music is a powerful motivator. Put on a playlist —rock, jazz, POP...whatever gets you going, and let the tunes take over.

Track Your Progress

Wearable fitness devices like an Apple Watch or Fitbit can serve a number of functions like track steps and distances, measure the calories burnt, and monitor heart rate and sleep quality. Tracking your progress and seeing improvements will help keep you motivated and committed to your activity goals.

Suggest a "Walking" Coffee Date

We know that everyone loves a meet-up over coffee, but what if you could take your chat outside? Ask for your Joe to-go, and try walking and talking — you'll get fresh air and extra exercise.



Park Far Away

May not seem like much, but those extra steps in and out of your barber shop or grocery store do add up.

Chores Build Cores

No, this isn't a way of tricking you into cleaning the stove top or lint-rolling couch cushions. By giving the house or apartment a thorough cleaning, you're doing your body a lot of good by engaging muscles that you may not use otherwise. A little bit of elbow grease goes a long way.

Take a Class Outdoors

We're not talking extreme kayaking or rock climbing. Learning a new skill that gets you out of the house — be it photography, birdwatching, or gardening — can help add a surprising number of steps to your daily routine.

Attention: Harvard Pilgrim Members

As part of your Harvard Pilgrim membership, you and your covered family members have access to certified [lifestyle management coaches](#).

Imagine having someone on your side to support, educate and motivate you to achieve your health goals. A certified lifestyle management coach who really gets to know you, understands your goals and — through regular phone check-ins — helps you achieve these goals. Best of all, this is a no-cost service available to any member age 18 or older. A lifestyle management coach help you achieve:

- * Controlling blood pressure
- * Managing weight
- * Increasing physical activity
- * Lowering cholesterol
- * Smoking cessation
- * Reducing stress and finding balance
- * Dealing with back pain

Ready to get started?

Call the health coach line at (877) 594-7177 to connect with a lifestyle management coach.

Take A Digital Break!

The average person checks their phone 150 times during the day, and more than 50% of individuals wake up at least once every night to check their phone. Digital dependence isn't limited to phone use—it applies to any connected device.

Practice the exercise below to limit your technology use and improve your well-being!

Choose one night this week to abstain from using technology for at least one hour before you go to bed.

If you typically watch television or scroll through your phone prior to sleep, try replacing this with something else, like reading a book or doing some light stretching.

If you do this just once this week, your body will thank you for the much-needed rest, and you may find yourself making it a standing practice to not use technology before bed.

There's an App for that!

Blue Cross Blue Shield and Harvard Pilgrim members can access a convenient, secure way to manage their healthcare by downloading a free member's app.

Blue Cross Blue Shield Members:
[MYBLUE Member App](#)

Harvard Pilgrim Members:
[Get HPHConnect Member App](#)

Download at no cost from the App Store or Google Play.

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.

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 "What's New" & look for the "Smart Shopper" link.

COVID-19 RESOURCES:

Blue Cross Blue Shield Members:
<https://www.bluecrossma.org/myblue/coronavirus-resource-center>

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



FREE 5 Session Virtual Lunchtime Yoga Series

No need to register in advance. Click **[HERE](#)** for information on joining the live class via Zoom.

Thursday, March 3rd, 1:00– 1:30 p.m.

Gentle flow yoga: This beginner and all-levels yoga class will leave you feeling your best, mentally calm and centered, and physically renewed. This class will focus on floor stretching, pre-stretch, reset and release, while also including meditation.

Thursday, March 10th, 1:00– 1:30 p.m.

Yoga for balance: This class will feature a short warmup and then move on to different poses to increase and practice balance. A chair, wall or doorway may be useful for support.

Thursday, March 17th, 1:00– 1:30 p.m.

Yoga for alignment: This beginner and all-levels yoga class will teach you about yoga alignment and modifications. The instructor will take you through multiple flows, break down poses, and help you clear your mind and nourish your body.

Thursday, March 24th, 1:00– 1:30 p.m.

Yoga for core strength: This class will focus on promoting core strength and learning different poses to challenge your core.

Thursday, March 31st, 1:00– 1:30 p.m.

Yoga sculpt: Total body workout for all fitness levels. This class is set to energizing music and designed to tone and sculpt every major muscle group by combining plyometrics and Vinyasa-style yoga flow. Full body strengthening with body weight resistance will get your heart rate up.

Win a Veg Out To-Go Kit!

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 10 Veg Out To-Go Kits (includes a steam-in container, a bamboo mini vegetable scrub brush, vegetable peeler, and handouts all packaged in a reusable net produce storage bag.)

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(ed) for.

Winners will be notified by email on March 16th.

SOLVE THE MMHG WELLNESS PUZZLE

10 Heart Healthy Foods

Good nutrition plays a major role in heart health and lessening the risk of cardiovascular disease. Maximize the impact of your meals (and snacks) by including some of the nutritious foods below as a part of a healthy, balanced diet. *See page 7 to find out why these foods are heart-healthy and get a few recipes!*

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.



AVOCADOS

BERRIES

BEANS

FATTY FISH

DARK CHOCOLATE

LEAFY GREENS

TOMATOES

OLIVE OIL

WALNUTS

WHOLE GRAINS

****BONUS** Poll: What's your Favorite Leafy Green?**

☐ Kale

☐ Spinach

☐ Romaine Lettuce

☐ 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!



Heart Healthy Foods & Recipes

Lemony Kale Salad with Walnuts

Serves 8

Ingredients:

2 bunches dinosaur kale
3 cups cherry or grape tomatoes, halved
½ cup chopped walnuts, toasted
1/3 cup grated good-quality Parmesan cheese
3 lemons, juiced
½ cup good-quality olive oil
Salt and pepper

Instructions:

Toast walnuts: Place on a rimmed baking sheet and bake at 350°F until fragrant, about 10-12 minutes.

Rinse and dry kale. Trim and discard tough stems. Stack leaves, then cut across the leaves into 1/4-inch strips. Chop again in the opposite direction.

In an extra-large bowl combine kale, tomatoes, nuts, grated Parmesan cheese, lemon juice, olive oil. Sprinkle with salt and pepper to taste, then toss salad to combine, massaging kale with fingers. Cover and refrigerate and let kale marinate in the dressing for at least one hour. Sprinkle servings with additional Parmesan, if desired.

Quinoa-Black Bean Chili Recipe

Serves 4

Ingredients:

2 1/2 Tbsp. olive oil
1 chopped onion
1/2 tsp. salt, plus more to taste
2 minced garlic cloves
1 diced red bell pepper
1 Tbsp. chili powder
1 can diced tomatoes (15 oz.)
1 can black beans (15 oz.)
1 cup vegetable stock
1 cup cooked quinoa
Avocado, scallions, pickled jalapeños

Instructions:

In a large pot, heat olive oil over medium heat.

Cook chopped onion and 1/2 tsp. salt, stirring, until soft. Add garlic and red bell pepper and cook until tender.

Stir in chili powder, then tomatoes and black beans, and vegetable stock. Simmer, partially covered and stirring, 15 minutes.

Stir in cooked quinoa and season with salt.

Serve topped with avocado slices, chopped scallions and pickled jalapeños.

10 Heart Healthy Foods

Avocados

Potassium— reduces risk of metabolic syndrome

Berries

Antioxidants— combats oxidative stress

Beans

resistant starch— decreases inflammation

Fatty Fish

Omega-3 fatty acids— lowers blood triglycerides

Dark

Chocolate

Flavonoids— lessens the risk of developing calcified plaque in arteries

Leafy Green

Vegetables

Vitamin K— promotes proper blood clotting

Tomatoes

Lycopene— increases “good” HDL cholesterol

Olive Oil

Monounsaturated Fat— lowers blood pressure

Walnuts

Magnesium— regulates muscle and nerve function

Whole Grains

Fiber— reduces “bad” LDL cholesterol



Spicy Salmon Bowls with Brown Rice and Avocado

Serves 4

Ingredients:

4 cloves garlic, chopped
½ teaspoon sea salt
1 teaspoon crushed red pepper flakes
2 tablespoons extra virgin olive oil
Juice of 1 lemon
4 salmon steaks, each about 4-6 ounces
Cooked brown rice
Slices of fresh avocado, lemon wedges

Instructions:

Mash the garlic and the salt with a fork in a small bowl. Add the pepper flakes, olive oil, and lemon juice and continue mashing to form a smooth paste. Arrange the fish in a baking dish and spread the marinade on top. Cover with plastic wrap and refrigerate for up to two hours.

Preheat the oven to 450°F. Uncover the fish and bake for about 20 minutes, or until the fish flakes easily with a fork.

Serve in a shallow bowl with brown rice and slices of fresh avocado and lemon wedges

Dark Chocolate Dipped Strawberries

Ingredients:

10 ounces dark chocolate (chopped or use chips/morsels)
15 jumbo strawberries with stems attached (washed and dried)

Instructions:

Melt chocolate over metal bowl set over saucepan of barely simmering water or double boiler.

Remove melted chocolate from heat. Dip each strawberry into warm chocolate. Place on baking sheet lined with buttered parchment.

Let sit out until chocolate has hardened. Arrange on plate or platter and serve.

**MAYFLOWER MUNICIPAL
HEALTH GROUP**



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Plymouth, MA. 02360
Phone: 774-773-9306
wellness@mmhg.org

Virtual MMHG Wellness Programs

Whether you want to move more, eat well, stress less or quit smoking, MMHG Wellness has you covered. Virtual wellness programs are here to stay because they are convenient, allow you to work at your own pace, and can fit into your busy schedule. **MMHG Wellness virtual programs are ready for you when you are— why not get started today?**



Wellable On-Demand Fitness

Get **FREE** and unlimited access (through your laptop, smartphone, PC etc.) to 100+ professionally filmed exercise classes with top fitness trainers from across the globe. On Demand Fitness now includes mindfulness classes! Select from workouts to fit your schedule, personal preferences, and fitness goals — available anytime, anywhere! **BONUS: On-Demand Fitness now includes Mindfulness Content and Recipes & Meal Planning!!**

https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/wellable_on_demand_fitness_7-1-2021.pdf



Savory Living Healthy Eating Program

Improve your life with food! Savory Living is a 12 session online, evidence-based, healthy eating program. Reduce Inflammation. Achieve YOUR Goals (immunity, weight, digestive issues, headaches, joint pain, energy, cholesterol/blood pressure/triglycerides, diabetes, food sensitivities). Learn Fast Cooking & Flavoring Skills. Self-Paced. Runs Online. Includes a Coach!

https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/final_savory_living_flyer.pdf **Enroll now and get it for FREE (limited offer)!**



learntolive

Learn to Live

Based on over 10 years of clinical studies, Learn to Live (L2L) offers online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy. L2L programs for Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia, and Substance Use offer effective tools to help you understand how your mind works and change your behavior patterns. L2L is private , 100% confidential and **FREE** to all employees/retirees/dependents of MMHG member units. **Get started and live your best life!**

https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/2021_launch_member_flyer_3_0.pdf

**READY TO
QUIT SMOKING?**

Ex-Program

The EX Program is a **FREE** and confidential digital quit-smoking 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. Join 800,000+ smokers who have developed the skills and confidence to live tobacco-free thanks to the EX Program!

https://www.mmhg.org/sites/g/files/vyhlif1086/f/uploads/ex_program_flyer.pdf



Follow us on Twitter

www.MMHG.org/Wellness



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 ~