



MMHG Beneficial Wellness

Newsletter

ISSUE 19

FALL 2017

HOT

TOPICS:

WOW! Participants in the MMHG 21 Day Fruits & Vegetables Challenge ate over 7,000 servings of Fruits & Veggies! Congratulations and don't forget to eat your veggies!

Follow us on

[Facebook](#) &

[Twitter](#)

What are you thankful for this year? Share on Facebook or Twitter

Solve the MMHG Puzzle on page 10 for a chance to win a wellness goody bag!

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Stress Less for Wellness

Stress is your body's reaction to a challenge or demand. In short bursts, stress can be a good thing, like when it helps you avoid danger or meet a deadline. But, when stress lasts for a long time, and becomes chronic it may harm your health.

We all feel stressed from time to time and many of us experience long term stress like money problems, family issues, and pressures at work. It's important to understand the effect stress has on your health and to find positive ways

to manage it.

The MMHG is offering free regional seminars, and exercise programs this Fall to help members understand and manage stress. Visit www.mmhg.org for a complete listing.

Check out page 10 of this newsletter for links to excellent online stress management resources and practical tips you can use to help manage stress—beginning today!

Heart Health— 4 Part Series



Learn to be smart about your heart by attending this FREE 4 part series.

Do you want to get serious about taking action steps towards making lifestyle changes that support your heart health? This 4 part series is an incredible opportunity to help you do just that.

Workshop topics include: stress management, cholesterol control, heart smart eating, blood pressure, and starting an exercise program. Free blood pressure screenings will be offered at the first class.

Marshfield Town Hall
Tuesdays
4:00 PM– 5:00 PM
November 7, 14, 21, 28
870 Moraine Street

Register at www.mmhg.org
or call 774-773-9306 for more information.

MMHG Regional Programs to Help you Stress Less this Fall

Regional programs are open to all employees, retirees & dependents of MMHG member units. Register by email at wellness@mmhg.org or call 774-773-9306

October 12th 5:00– 6:00 PM
Norwell Town Hall

Financial Wellness— From Money Stress to Money Smarts with Belinda Rosenblum, CPA & Wealth Coach

October 24th 5:00– 6:00 PM
Bridgewater Town Hall
Stress & the Immune System

October 11, 18, 25 November 1, 8, 15
4:45– 5:45 PM
North River Collaborative
Yoga

October 26 November 2, 9, 15, 30
December 7
5:00– 6:00 PM
Bridgewater Town Hall
Yoga

November 30th 3:45– 4:45 PM
Whitman Hanson Regional H.S.
Introduction to Mindfulness



Sign up to receive future quarterly issues of the MMHG Beneficial Wellness Newsletter & Wellness updates by email!

NAME: _____
PHONE: _____
ADDRESS: _____
EMAIL: _____

Clip this form and return to:
MMHG Wellness
PO Box 3390
Plymouth, MA 02361

or send request by email to
wellness@mmhg.org

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.

Be a more informed healthcare consumer—starting today!

Do you know the cost of that MRI you had last month or wonder if you're up-to-date on your preventive care and screenings? Looking for a new doctor or thinking about trying acupuncture for that nagging shoulder pain? **Be a more informed health care consumer and get the most out of your health insurance plan by registering with Blue Cross Blue Shield (BCBS) or Harvard Pilgrim (HP) through their secure online member portals.**

Believe it or not monthly family health insurance premiums are now often more costly than monthly mortgage payments! It is important to learn as much as you can about your plan, make informed decisions regarding your health care, and review your medical claims for accuracy.

The BCBS and HP online member portals have lots of useful tools and resources to help you do just that. Review your benefits, keep track of deductibles and copays and much more— all with the click of your computer mouse (or smartphone APP)!

Click [HERE](#) for the Blue Cross Blue Shield "My Blue" Member Portal

Click [HERE](#) for the Harvard Pilgrim Member Portal

The information contained in this newsletter can be used to increase your personal awareness of health and wellness.

Always contact your health care provider when beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you or your family.

There's an App for That!

Blue Cross Members- Meet the MYBLUE Member App

Check out this easy-to-use new tool that gives **BCBSMA** members a convenient, secure way to manage their health care. With a couple of clicks, members can:

- **Get access to an interactive ID card, and email a copy of it to their doctor**
- **Direct dial important phone numbers, like Member Service**
- **Review recent claims, doctor visits, and prescriptions**
- **Find nearby doctors, dentists, and hospitals**
- **View information for dependents under 18 and more**

Members can download the app at no cost from the [App Store](#) or [Google Play](#).



Important Reminder for MMHG members:

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

- **Divorce/Remarriage**
- **Medicare Eligibility for yourself or dependent (whether Medicare is due to age or a disability)**
- **Marriage**
- **Birth of a child**
- **Adoption**
- **Legal guardianship**
- **Dependent loss of status as a dependent (except for turning age 26)**
- **Change of Address**

Did you Know?

When you need medical care and your primary care physician is unavailable you have options other than the emergency room (ER). Try going to the CVS Minute Clinic or other walk in retail clinic.

They can diagnose and treat conditions like ear infections, strep throat, and poison ivy at a fraction of the cost (and hassle) of going to the ER. **You can even get your flu shot there!**

Harvard Pilgrim Members- Get *HPHConnect*-ed wherever you go!

By downloading the free *HPHConnect* app you'll have direct access to your personal account login screen. You'll be just a few clicks away from the following features:

Provider search

See a list of your providers or search for a provider by current location or zip code

Benefits and eligibility

View your member information, including member ID # and PCP, as well as real-time deductible and out-of-pocket limit amounts used

Personal health record

See information on visits, procedures, immunizations, illnesses and conditions, medication profile, allergies and health tracker

Secure messages

View and respond to messages from Harvard Pilgrim

Members can download the app at no cost from the [App Store](#) or [Google Play](#).



Online Cost Estimators Available:

As a health care consumer, you can use this website to get the link to compare the cost and quality of various health care services at facilities near you.

Cost and Quality website:

www.getthedealonlinecare.org

Protect your Back:

One of the best ways to prevent back pain is to keep your back muscles strong. Follow these steps to help protect your back and prevent back pain:

⇒ Do [back-strengthening and stretching exercises](#) at least 2 or 3 times a week. If you have an injury, health condition, or disability, ask your doctor or nurse which types of exercise are best for you.

⇒ Stand and sit up straight. Click [HERE](#) for link on setting up your workstation.

⇒ Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.

⇒ Get active and eat a balanced diet. If you are a healthy weight, you will have less strain on your back.

Content source:

[HealthFinder.gov](#)

Yoga May Help Treat Back Pain



A carefully adapted set of yoga poses, practiced under the guidance of a well-trained instructor, may help reduce chronic low back pain and improve function.

Content Source: NIH in the New Health Capsule, August 2017

Many people experience low-back pain over their lifetime. For those who don't recover quickly, the discomfort can become chronic, lasting for months or even years.

NIH-funded researchers have been looking for new ways to

treat long-lasting low-back pain. A new study shows that yoga may help relieve moderate to severe low-back pain. The research team recruited 320 people with chronic low-back pain from diverse backgrounds and underserved communities. More than half of the study's participants were non-Hispanic black and earned less than \$30,000 per year.

The participants were randomly assigned to three groups. The first group took 12 weekly yoga classes designed for people with low-back pain. The second group had 15 physical therapy sessions over 12 weeks. These included exercises to strengthen back and core muscles. The third group received a self-help book and newsletters to learn how to deal with back pain.

The results suggested that a structured yoga class may be an option for treating chronic low-back pain. All three groups reported improvement in physical function and pain reduction. However,

people in the yoga and physical therapy treatment groups were more likely than those in the education-only group to stop taking pain relievers after a year.

"Chronic low-back pain disproportionately impacts those who are economically disadvantaged," says research team leader Dr. Robert Saper of the Boston University School of Medicine and Boston Medical Center. "Therefore, we feel that it was important to test whether the yoga would be received well by an underserved population as well as being effective."

Links:

[Yoga in Depth](#)

[Yoga in Older Adults](#)

[Handout on Health- What is Back Pain?](#)

Have you Tried- *HIIT*?

What is HIIT?

HIIT (high intensity interval training) is an exercise/ training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

According to the [American Council on Exercise](#) the benefits of incorporating HIIT into your exercise program include:

- Significantly increased aerobic and anaerobic fitness
- Decreased fasting insulin

and increased insulin sensitivity

- Reduced abdominal and subcutaneous (just under the skin) fat

Want to learn more and find out if HIIT is appropriate for you? The MMHG is offering 2 "HIIT is Hot" seminars discussing the pros and cons of HIIT. Seminars will include a short 15 minute workout.

Regional programs are open to all employees, retirees & dependents of MMHG member units. Register by email at wellness@mmhg.org or call 774-773-9306

HIIT is Hot! 2 FREE Seminars

South Shore Educational Collaborative:

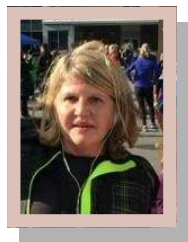
Tuesday, October 24th
5:00- 6:00 PM
75 Abington Street,
Hingham

Kingston Town Hall:

Monday, December 4th
5:00-6:00 PM
26 Evergreen Street,
Kingston



By Audrey Barresi



It's amazing, after 30 years of running, and over 150 road races, I still love running!

You've heard of the "freshmen 10", well by the time I had graduated from college, I had put on the "graduate 20". My dorm cafeteria served ice cream, brownies, cheesecake, and French fries every day! Having recently moved from Connecticut to Boston, I realized I needed to do something to get in shape quick. Thanks to inspiration from my brother in law Rich, my roommate and I took up running.

The first few times I tried running on the Charles River, I was thinking, "this is torturous, how can anyone like running?" I don't know if it was the challenge of the road race, or the camaraderie after the races, but after signing up and running in a few local road races, I was smitten. The biggest joke about runners is that during the race they will say "why am I doing this, this is horrible,

"Why I Love Running"

I'll never do this again.", but after the race, they'll be looking for the next race to sign up for. Back in the 1980's, when I first started running, we didn't have IPOD's, so it was total self-motivation.

Running can see you through all the good (I even ran on the morning of my wedding day) and bad times (parents and siblings dealing with serious illness) in your lives. I have done some of my best problem solving while running. I always say, "running is the cheapest anti-depressant and anti-anxiety medicine out there". Sometimes the emotional benefits outweigh the physical ones.

Another great thing about running is that it's one of the most inexpensive and portable forms of exercise you can do. It can take you to places that you might not have been to otherwise (new towns and cities), or nature scenery that you might not have seen from your car. You can run 10 minutes a day, or an hour a day, it's all what your schedule and body will allow.

I primarily love running for those who can't, or for charities near and dear to my heart, but you can run just for fun! It's amazing what some good songs on your IPOD can do for you.

Want to try running? Here's some of Audrey's tips for getting started.

- Visit your local running specialty store to find out about local running groups and clubs, the best running sneaker, training tips, etc. Usually you have to be a runner to work at these stores, so they know their stuff. Some stores offer free yoga and PT nights.
- Check out running websites such as "[Runner's World](#)", for nutrition and training advice.
- Find some other friends who are runners to train with or run a race with. This will keep you motivated and on track.
- Join Facebook Running Groups such as "South Shore Running Moms", or "Running Around Plymouth" – these are great for sharing and reading about training tips, running shoes and clothing, reviews of local road races, and more.

Audrey's favorite road races (so far):

[Tufts 10K for Women](#)
[BAA 5K and 10K](#)
[Falmouth Road Race](#)

Audrey's latest run was the BAA Half Marathon on October 8th for Dana Farber.

Find MMHG Wellness on facebook!

Follow us for healthy tips, MMHG Wellness event schedules and information, "Meatless Monday" recipes, motivational quotes, healthy inspiration and more!

Did You Know?

Your Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim health plan can save you up to \$150 annually in qualified health club membership fees or for fitness classes taken at a qualified health club. For more information on your fitness benefit and weight loss benefits and discounts visit www.mmhg.org and click on the wellness tab.



See Page 11 of this newsletter for exclusive offers at area gyms for MMHG members!

Blue Cross Members: Find out more about a FREE identity protection benefit for members!
 Click [HERE](#) for details.





Become a Flourishing Community!

Check out South Shore Organics Nourish to Flourish program. Get fresh local produce delivered to the worksite! Click [HERE](#) for more information.

Kale Pesto Recipe

3 Cups Kale, chopped
2-3 cloves garlic
3/4 Cups toasted walnuts
Juice of 1 lemon
3/4 t salt
1/4 Cup Olive Oil
1/4 Cup Parmesan Cheese (optional)

Use a food processor or blender to combine ingredients until you get the consistency you want. Stop and scrape down the sides, if necessary— you can add water if too thick. Serve with pasta, add to soups, use as a sandwich spread.

EAT YOUR GREENS!

(even if you have to sneak 'em in!)

by Pam Denholm

I am very qualified to make this statement. I have kids. I was a kid. And my husband thinks kale is for rabbits, not people. Greens are the biggest battle facing most families when putting veggies on the table. Whether it is lettuce, kale, chard, beet or turnip greens, collards, bok choy, cabbage or even spinach, here are a few tips to getting greens in and making it an enjoyable experience:

SMOOTHIES – Pineapple and coconut milk will make a pina colada out of anything, even kale. And cocoa powder and bananas will disguise any green as chocolate milk.

MEATBALLS – An egg, some breadcrumbs, finely chopped onion, and a ground protein of your choice (blackbeans and chickpeas are awesome) and a dash of seasoning – bake at 400 degrees uncovered for 15-20 minutes. No one will ever know that you snuck some chopped up greens in.

WRAPS – Leafy greens are a delicious way to wrap up some yummy fillings. Think falafels, tacos, chicken salad, stir-fry's, and even leftover meatballs. A little dressing and voila.

PESTO – My favorite. Basil might be the go to, but a little olive oil, garlic, chili pepper flakes, and pine nuts (or walnuts or pecans) will turn just about any green into a delicious fresh pesto. Use the pesto on pasta, flatbreads, sandwiches, wraps or even to roast vegetables or chicken. So versatile (and forgiving)!

GARNISHES – Hide them in plain sight. Sprinkle any chopped greens and make your meal fancy!

SAUCES – Finely chop your greens and you can easily cook them into a marinara sauce, bolognese, even barbeque.

SOUPS – Soup season is nearly upon us. Add heartier greens like kale or collards ten minutes before your dish is ready, tender greens can be added in just the last minute to preserve color. Warming delicious broth bowls with noodles are always made better with a handful of fresh greens.

QUICHES OR FRITTATAS – Whisk up a few eggs, pour them into an oven proof dish, add seasons and just about anything else – chopped greens, cheese, left over ham, chicken, some asparagus, leeks, onions, mushrooms – you name it! Bake it in the oven at 400 for 30-40 minutes. Easy.

TACOS – Mix and match toppings of your choice, hearty greens are great in the background and would never steal the show.

STIR FRY – Greens are delicious with garlic, ginger, and soy sauce. Even sautéed in a pan. So it makes sense that they would be delicious with all the same ingredients, some high heat, and some noodles or rice.

STUFFED – Baked potatoes (whether it is a regular potato, or a sweet potato) is a positively conniving and evil way for you to use comfort food as a vehicle for healthy greens. Go on, do your worst.

Pam Denholm is the owner of South Shore Organics, and the sneak-those-greens-in mastermind at home for her family of four.



More Healthy Snacks for your Tailgate Party

~Fresh Fruit Kabobs
 ~Veggies dipped in low fat dip or salsa
 ~Guacamole and baked tortilla chips
 ~Hummus!!!!
 ~Hearty Veggie Chili
 ~Popcorn (air popped sprinkled with spices)
 ~Hot Apple Crisp (find a healthy recipe)
 ~Make you own pizza with whole grain crust, just a little cheese and LOTS of veggies
 ~Make a big, colorful salad and serve it front and center

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

Melody Beattie

Autumn Recipe Re-do



Buffalo Chicken with Creamy Bleu Cheese Dip

This recipe inspired by [Joy Bauer](#) is super easy to make. Replace the chicken with cauliflower florets (bake until crispy) for a tasty vegetarian option.

INGREDIENTS:

BUFFALO "WINGS"

1/4 cup of your favorite hot sauce
 1/2 teaspoon paprika
 1/2 teaspoon chile powder
 1 teaspoon garlic powder
 Dash cayenne pepper (optional)
 1 pound chicken tenders

BLEU CHEESE DIP

6 ounces nonfat plain Greek yogurt
 1/4 cup blue cheese, crumbled
 1/4 teaspoon garlic powder
 1/4 teaspoon onion powder
 Ground black pepper (to taste)

PREPARATION:

~Preheat the oven to 375°. Coat a baking dish with nonstick oil spray and set aside.
 ~In a bowl, mix the hot sauce and paprika (only add optional cayenne if you like serious heat!).
 ~Coat each tenderloin with sauce and set it in the baking dish, forming in a single layer. Bake for 15 minutes, or until the chicken is no longer pink inside.

Fall means football is in full swing, and so is all the snacking that goes along with it. Unfortunately, many of the game time snacks we crave aren't always the healthiest. But, it is possible to create healthier and delicious versions of your favorite foods.

Everyone loves buffalo chicken wings and blue cheese dressing— but it's loaded with calories and fat. Check out this recipe for a healthier version that your guests will love.

Try serving the chicken and dressing in a whole grain wrap or pita stuffed with loads of fresh veggies for a super satisfying main dish.

Homemade Pumpkin Spice Latte

Make your PSL healthier at home (substitute the coffee for strong brewed tea if you'd like)

INGREDIENTS:

2 cups almond milk
 2 tbsp canned pumpkin
 1-2 tbsp sugar or real maple syrup to taste
 1 tbsp pure vanilla extract
 1 teaspoon of pumpkin pie spice
 1/4 cup freshly brewed espresso OR 2/3 cup strong coffee
 Whipped cream (optional)

PREPARATION:

In a saucepan combine milk, pumpkin and sugar or maple syrup and cook on medium heat, stirring, until steaming. Now bring to a boil and stir in vanilla and spice. Transfer to a blender and process for 15 seconds until foamy. If you don't have a blender, don't worry- just whisk the mixture really well with a wire whisk. Pour in espresso or coffee. Top with whipped cream, if desired. Serves 2.



MMHG Regional Wellness

The Mayflower Municipal Health Group Wellness Program Presents:

FREE Monthly Support Group **Whole New U- Weight Management for Life**



By popular demand! Join nutritionist and health & wellness coach extraordinaire, **Julianne McLaughlin**, for the Whole New U Weight Management For Life Support Group. This group is for MMHG graduates of the 8 week WNU series (who didn't want it to end!), and everyone else that is looking for a kind and supportive group environment to motivate and inspire them on their wellness journey. Each month Julianne will present a new topic for discussion, and there'll be plenty of time for questions and answers.

The Whole New U program, teaches you the latest on nutrition and helps you gain control over your eating, without the unhealthy ups and downs of fad diets and expensive, ineffective weight loss programs. **Attention MMHG community: We can do this- let's support each other in health & wellness!**

Successes & Challenges — Tuesday, October 17, 2017 5:00– 6:00 p.m.
Norwell Town Hall ~ 345 Main Street

Negative vs. Positive Self Talk — Thursday, November 16, 2017 5:00– 6:00 p.m.
West Bridgewater Senior Center~ 97 West Center Street

Healthier Holidays & Recipe Swap — Tuesday, December 5, 2017 5:00– 6:00 p.m.
Marshfield Town Hall~ 870 Moraine Street

The support group is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees and their dependents (over age 18). Register by contacting Kelly Morse Perez at 774-773-9306 or by email at wellness@mmhg.org.

Mayflower Municipal Health Group

www.MMHG.org

The Mayflower Municipal Health Group Wellness Program Presents:

WORKSHOP: FIGHTING INFLAMMATION

Here's your chance to find out why inflammation is one of the hottest buzzwords in medical science today!

Did you know chronic inflammation has been found to be the cause of many diseases, including premature aging and heart disease? Stress, exposure to toxins and lack of exercise can contribute to inflammation, but diet is a big part of it. Get the scoop on what you can do to decrease inflammation for improved health.



Thursday, October 19, 2017

4:30– 5:30 PM

**Halifax Town Hall
499 Plymouth St
Halifax, MA 02338**

This event is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees and dependents. Please register by sending an email to wellness@mmhg.org or by calling 774-773-9306.

Mayflower Municipal Health Group

www.mmhg.org

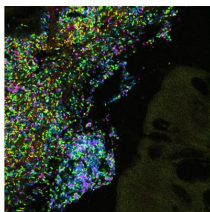
The Mayflower Municipal Health Group Wellness Program Presents:

WORKSHOP: Maintaining A Healthy Microbiome

"Your body is home to about 100 trillion bacteria and other microbes, collectively known as your microbiome."

— Carl Zimmer

Did you know that you carry 10x as much bacterial DNA in your body than your own? Or that the bacteria in your body potentially can influence everything from your weight to your moods? In this seminar, you will learn about the fascinating new research into our microbiome and how to maintain a healthy balance through prebiotics and probiotics.



Thursday November 9, 2017

5:00– 6:00 PM

**Plymouth County
Retirement Association
10 Cordage Pk, Suite 234 Plymouth**

This event is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees and dependents. Please register by sending an email to wellness@mmhg.org or by calling 774-773-9306.

Mayflower Municipal Health Group

www.mmhg.org

Mayflower Municipal Health Group Presents:

Flex, Stretch and Strengthen Workshop



Monday, December 11, 2017

5:00– 6:00 PM

**Norwell Town Hall
345 Main Street, Norwell, MA 02061**

Take your fitness to a whole new level with this program!

You will work muscle groups in patterns that will condition you for the things you do in real life! No more straining your back while you shovel or while you take out the trash. This type of activity helps stabilize the joints, improve strength, and increase blood flow. You will feel completely energized by the hour's end and improve the condition of your body with a combination of core training, strength training, flexibility and agility.

Participants are encouraged to wear comfortable clothing, and will each receive a free "stretching to go" kit. Registration is limited to 30 people.

This event is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees and dependents. Enrollment is limited. Please register by sending an email to wellness@mmhg.org or by calling 774-773-9306.

Stress Less Over the Holidays— Sign-up Today!

We're starting the 6th Annual Maintain Don't Gain Challenge before Halloween this year.

We figured the "season of eating" really begins with fun size candy bars not with stuffing and pumpkin pie! Sign up by filling out and returning the registration form on the program flyer below or send us an email at wellness@mmhg.org (we'll need your name, email address and the MMHG member unit you belong to). Program is open to all employees & retirees of MMHG member units and their spouses.

Mayflower Municipal Health Group

"Maintain Don't Gain"

Holiday Challenge 2017-18
October 30th- January 2nd
Sign up Now!

WIN PRIZES

***Grand Prize Raffle- January 11, 2018**

- ~(1) \$50 Stop and Shop Gift Card
- ~(3) \$25 Stop and Shop Gift Cards
- ~(3) \$25 Target Gift Cards
- ~(5) MMHG Water Bottles

~Read your weekly email and you could win other special prizes!

***All registered participants who turn in a scorecard by January 10th are eligible for the Grand Prize Raffle to be held on January 11th.**

Challenge Program Details

Who Can Enter? You!	Starts: October 30th	Ends: January 2nd
All employees of MMHG member units and their spouses can participate. There is no cost.	Register now, get your scorecard and weigh in at home. We're using the honor system!	Turn in your scorecard by January 10th to be entered in the grand raffle.

After you register you'll receive a scorecard by email to log your progress. You'll also receive weekly motivational emails with healthy holiday eating tips and recipes, ideas for "fitting in" exercise, and ways to help you maintain balance and reduce stress during the busy holiday season.

The MMHG "Maintain Don't Gain" Holiday Challenge is a 9 week program to motivate you to make healthy choices between Halloween and the New Year. Join the challenge and resolve to get a head start on your New Year's resolutions to eat better, exercise more, and stress less!

Did you know the average person gains weight between Halloween and New Year's Day? But, adding pounds during the holidays is not inevitable.

Join us for a FREE "Maintain Don't Gain" Challenge event!

Have a Healthier Holidays Cooking Demo- with Nicole Cormier RD, LDN

Thursday, December 7th 5:00-6:00 PM

Whitman Hanson Regional High School
600 Franklin Street, Whitman

Register for the seminar by email at wellness@mmhg.org or call 774-773-9306. FREE and open to all employees & retirees of MMHG member units and their dependents.



MMHG Maintain Don't Gain Holiday Challenge 2017-2018

Registration Form—
return to your wellness coordinator or send to:

MMHG
PO Box 3390
Plymouth, MA 02361
Fax: 774-773-9403
E-mail: wellness@mmhg.org

Name _____

Email Address _____

Member Unit _____

Join MMHG Wellness on **Facebook** and **Twitter!**
Check us out at www.mmhg.org



Plymouth County Registry of Deeds Workplace Garden

Plymouth County Registry of Deeds employees are wrapping up the 2017 summer harvest from their brand new worksite vegetable garden funded by a Mayflower Municipal Health Group wellness grant.

Registry employees volunteered to install and care for the garden before and after work and on their breaks. The results? Lots of fresh and delicious vegetables! Special thanks to Register of Deeds John Buckley for supporting this project.

Workplace gardens help bring employees together, create a culture of wellness in the workplace and leads to increased productivity on the job. Gardening is great exercise, relieves stress, and provides healthy food— what's better than that!

Email MMHG at wellness@mmhg.org if you're interested in starting a workplace garden.



Summer photo with Christine Richards, Register of Deeds John Buckley, Michael Wholey (holding photo of the old County farm once located on same spot as new raised beds) and Janet Gawthrope.

Wellness Resources: Blue Cross Blue Shield Members:

www.bluecrossma.com/ahealthyme

The ahealthyme website is your own personal wellness planner and resource for health information.

Create your own action plan:

- A health assessment that gives you a personal wellness score
- Self-paced workshops on topics like healthy eating and quitting smoking
- Nutrition and exercise trackers to keep you motivated

Learn about health your way:

- Read articles, tips and the Healthy Times newsletter
- Watch videos and listen to podcasts
- Take quizzes, risk assessments and more!

Whatever your health goals are— from losing weight to managing stress— ahealthyme can help get you there.

Wellness Resources: Harvard Pilgrim Members:

www.harvardpilgrim.org/wellnessaccount

Harvard Pilgrim's online wellness program offers you access to health resources, wellness workshops, tracking tools and more!

- Learn about important topics affecting your health
- Access preventative care guidelines
- See educational resources on condition and disease management including cholesterol, blood pressure, asthma, ADHD, depression, diabetes, cancer and heart health.
- Take a health quiz
- Look up health topics A-Z
- Check out health and wellness publications
- Search online resources via a web library
- Take a health questionnaire and learn your score

Visit www.harvardpilgrim.org/wellness for well being support based on where you are in life.

NEW- High Tech Imaging Savings for MMHG Members!

The Mayflower Municipal Health Group is excited to announce a new collaboration with Shields MRI to help educate members on the cost savings of using a non hospital based provider for high tech imaging.

Did you know that MRIs can be an expensive outpatient procedure with high-priced providers costing as much as \$3,000? Free standing facilities such as Shields MRI provide the most advanced MRI machines and cost much less.

Effective July 1, 2017, our Rate Saver and Benchmark plan subscribers will enjoy waived copayments for high tech imaging when they use a freestanding facility like Shields MRI ([check plan for details](#)).

Find a Shields MRI near you:

www.shields.com 1-800-258-4674

Solve the MMHG Puzzle & Stress Less for Wellness



Return the completed Word Search Puzzle to us no later than December 15th to be eligible to win a wellness goody bag. (Be sure to include your name, MMHG member unit, and email address)

Email—
wellness@mmhg.org
Mail—
MMHG
PO Box 3390
Plymouth, MA 02361
FAX—
774-773-9403



Congratulations
To our Summer News-
letter Wellness Puzzle
Winner

Lynne Welsh (Kingston)-
won a wellness goody bag
for solving the "Summer
Fruit" word search puzzle!

Try these **Emergency Stress Stoppers** from the American Heart Association:

- Count to 10 before you speak.
- Take three to five deep breaths.
- Walk away from the stressful situation, and say you'll handle it later.
- Go for a walk.
- Don't be afraid to say "I'm sorry" if you make a mistake.
- Set your watch five to 10 minutes ahead to avoid the stress of being late.
- Break down big problems into smaller parts. For example, answer one letter or phone call per day, instead of dealing with everything at once.

- Drive in the slow lane or avoid busy roads to help you stay calm while driving.
- Smell a rose, hug a loved one or smile at your neighbor.
- Consider [meditation](#) or prayer to break the negative cycle.

Helpful Links:

National Institutes of Health:

[5 things you should know about stress](#)

HelpGuide.org:

[Stress Management](#)

[Using Self-Help Techniques for Dealing with Stress](#)

American Heart Association:

[To Stress or Not to Stress](#)

M	K	H	G	C	E	S	U	P	P	O	R	T	C	E
H	S	V	D	O	D	S	U	C	Y	B	D	F	S	Z
Z	Y	E	S	M	B	H	I	G	V	F	P	D	S	I
G	B	L	F	M	Y	R	Y	C	P	O	J	I	M	N
Y	N	V	I	U	O	C	E	E	R	R	O	I	T	A
L	I	U	O	N	G	J	E	A	Q	E	N	D	C	G
Z	A	H	O	I	A	L	X	D	T	D	X	L	O	R
R	D	Z	T	C	S	C	M	N	F	H	K	E	N	O
E	R	U	T	A	N	X	I	U	D	Q	E	H	N	K
R	E	A	D	T	E	P	L	S	V	I	C	W	E	F
N	Y	K	N	E	R	N	B	M	U	T	W	X	C	S
Y	H	T	L	A	E	H	T	A	E	M	J	A	T	J
A	W	X	Y	S	J	S	B	R	R	G	Q	L	L	Q
Z	F	E	S	D	H	G	T	F	E	J	N	E	Y	K
J	R	T	O	I	V	S	T	W	B	K	F	R	Z	G

BREATHE
COMMUNICATE
CONNECT
EAT HEALTHY
EXERCISE
MINDFULNESS
MUSIC
NATURE
ORGANIZE

PRAYER
READ
RELAX
SLEEP
STRETCH
SUPPORT
WALK
YOGA



Best Stress Tip:

Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind. <https://findtreatment.samhsa.gov/>

**Who
needs a flu
vaccine?**



Even healthy people can get the flu.
Protect yourself and your loved ones.
Get vaccinated.

www.cdc.gov/flu



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Did you get your flu shot yet?

For more Information:

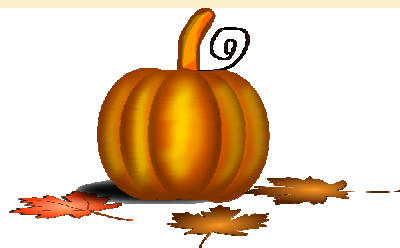
Blue Cross Blue Shield members click [here](#) .

Harvard Pilgrim members click [here](#).

Blue Cross Blue Shield Members: Blue Care Line Benefit

When does your child's slight fever become a serious fever? How can you tell the difference between a sprained ankle and a broken one? Should you be applying ice or heat? Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these? Now you can, just by picking up the phone and calling the Blue Care Line toll-free at 1-888-247-BLUE (2583).

With the Blue Care Line, you can speak with a registered nurse* 24 hours a day, 7 days a week. Experienced professionals are always available to offer you expert answers to your questions. Simply explain the situation, detail your symptoms, and our nurses will tell you whether you should see your doctor, go to the emergency room, or care for yourself at home.



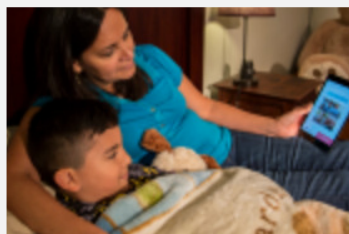
Telemedicine Coverage now Available for Harvard Pilgrim Members

Did you know that Harvard Pilgrim has added telemedicine as a standard benefit for all Non-Medicare plan members?

Telemedicine is commonly referred to as a virtual visit or a video visit. Members see a doctor through real-time, Skype-like technology—using a smart phone, tablet or computer. This allows them the option to get care without needing to travel to a provider's office or urgent care center. Coverage is primarily for on-demand, minor urgent care medical visits such as cold and flu, rashes and skin issues, upset stomach, and pediatric issues.

Harvard Pilgrim has added Doctor on Demand, a well-known national telemedicine provider group of board-certified physicians, to their network. Additionally, Harvard Pilgrim members may receive covered telemedicine services from any participating provider who also offers these kinds of services.

Telemedicine aims to improve member experience through a convenient method of care delivery outside of more costly locations like the emergency room (ER), when ER services are not necessary.



Here's a link for more information:

**[https://
www.doctorondemand.com/benefits/harvard-pilgrim/](https://www.doctorondemand.com/benefits/harvard-pilgrim/)**



Wow! Check out the exclusive local fitness coupons for MMHG members on page 12!



**Mayflower
Municipal
Health Group**

P.O. Box 3390

Plymouth, MA 02361

Phone: 774-773-9309

Fax: 774-773-9403

www.MMHG.org

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FOR ALL AT THE Y**

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Members of Mayflower Municipal Health Group receive \$20 Enrollment*

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HANOVER, MA
1-800-505-5000

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Bridgewater ~ Bristol County ~ 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 ~ Norwell ~ 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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AT THE Y**

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