

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 25

SPRING 2019

Check This Out!

New starting 7/1/2019:

- Fitness benefit is increasing to up to \$300 for active plans (see page 6)
- Blue Cross Blue Shield Weight Loss benefit now includes Weight Watchers online (see page 5)
- Telehealth benefits offered will be available for all active plans (see page 2)
- New & Improved Smart Shopper for BCBS members (see page 3)

More Hot Topics:

- MMHG Webinars
- Gym Coupons
- Summer Salsa!
- Beautiful Berries!

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Special 25th Edition!

Dear Reader,

Welcome to the 25th issue of the quarterly MMHG Beneficial Wellness Newsletter. I'm proud to say we've learned a lot in the six years since we published the first issue of the newsletter and we look forward to creating new and exciting issues in the future for you.

From the beginning, the emphasis of the newsletter has been to promote MMHG Wellness programs, to share wellness information, and to celebrate the amazing MMHG Wellness community.

An equally important goal of the newsletter has been to encourage MMHG members to become wise and informed health care consumers. We believe this is more important than ever with the cost of health care.

That's why, for this special 25th edition of the Beneficial Wellness Newsletter, we are focusing on **Your Wellness** benefits. Keep reading to find practical ways that you as a MMHG member can be a better health care consumer, save money, and improve your health.

Healthy Regards,
Kelly Morse Perez



21 Day Fruits & Vegetables Challenge



Eat at least 5 servings of fruits & vegetables for a chance to win prizes!

June 3rd - 23rd

Click [HERE](#) for more information.

Register with your wellness coordinator or by email at wellness@mmhg.org



Congratulations to Team MMHG Wellness at the Evan's Run 5K in Norwell—
Lynne Welsh (Kingston), Audrey Barresi (Hanover),
and Ming Koslowski (Hanover)

Sign up to receive email updates all summer from MMHG Wellness and you'll be entered in a raffle to win one of three-\$25 gift card vouchers (choose from over 100 vendors). **Spouses are encouraged to sign up for wellness email updates too!**

Congratulations to \$25 gift card raffle winners from the winter newsletter email updates promotion: Carol Lincoln (Hull), Sally Snider (Wareham), Susan Shedd (Hanover), Jennifer LaPlante (Pembroke), Joanne Earner (Pembroke), Susan Rossi (So. Shore Regional High School)

To sign up for updates, send an email to wellness@mmhg.org or clip this form and return by mail to:

MMHG Wellness
PO Box 3390
Plymouth, MA 02361

NAME:

EMAIL ADDRESS:

MMHG MEMBER UNIT:

(Please print all information clearly)

To be entered in raffle, sign up for MMHG Wellness email updates now through July 1st. Raffle will be held on July 10th. Winners will be notified by email and announced in the summer issue of the Mayflower Municipal Health Group Wellness Newsletter.

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.

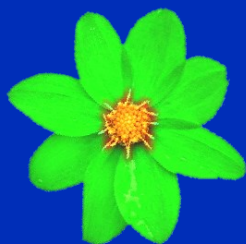
With Telehealth you can see licensed doctors and providers for minor medical and behavioral health care using live video visits on your favorite device.

Urgent Care:

- Cold & flu
- Bronchitis
- Sinus & allergies
- Sore throat & strep throat
- Nausea & Diarrhea
- Pinkeye & eye issues
- Hypertension
- Migraines
- Pneumonia
- Pediatric issues
- Rashes and skin issues
- Women's health: UTIs, yeast infections
- Sports injuries

Behavioral Health:

- Depression & anxiety
- Sleep disorders
- Substance use disorder
- Trauma
- Child behavior
- Bereavement
- Couples therapy
- Stress
- Divorce



Your Telehealth Benefits

Effective July 1, 2019 Telehealth will be offered as a standard benefit with all MMHG HMO and PPO plans.

What is Telehealth?

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

Why Use Telehealth?

Telehealth is a secure, fast, easy and convenient option for accessing medical and behavioral health care. You and your family members can visit doctors and providers anytime, anywhere in the United States, at home, work, or on vacation, week-ends and holidays included.

What services does a Telehealth doctor provide?

Just like an in-person visit, doctors and providers can review your medical history, answer questions, diagnose and treat medical and behavioral health issues, and prescribe medication for many common conditions, if necessary.



How can I find out more?

Blue Cross Blue Shield HMO and PPO Members:

Telehealth Coverage begins 7/1/2019.

Click [HERE](#) for details.

1. Download the Well Connection app, or visit [wellconnection.com](#) 2. Create an account and log in 3. Choose the type of service: medical or behavioral 4. Pick an available provider.

Harvard Pilgrim HMO Members:

Telehealth coverage available now.

Click [HERE](#) for details.

1. Download the Dr On Demand app or visit [doctorondemand.com](#) 2. Create an account, log in, and get started.

Well Connection and Doctor on Demand are not meant for crisis or emergency situations. If you are experiencing a crisis or emergency, call 911 or go to your nearest emergency room. You can also access the free, 24-hour National Suicide Prevention Lifeline at (800) 273-8255.



Blue Cross Members- Meet the **MYBLUE** Member App

Check out this easy-to-use **newly updated** 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 Services**
- **Review recent claims, doctor visits, and prescriptions**
- **Find nearby doctors, dentists, and hospitals**
- **View information for dependents under 18 and more**

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



Harvard Pilgrim Members- Get **HPHConnect-ed**

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

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

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.

Attention Eligible Blue Cross Blue Shield Members: Your SmartShopper Rewards Program

Did you know you could receive a check in the mail for \$50- \$250 after getting a colonoscopy? Or \$25- \$50 after your annual mammogram? If you are an *eligible MMHG Blue Cross Blue Shield Member, you can earn up to \$250 for shopping for

certain health services in an effort to choose a high quality lower cost provider.

You can access the SmartShopper Rewards Program online through your Blue Cross Blue Shield **MYBlue** account or by phone.

ONLINE:

- Register or log in to your account at **Bluecrossma.com/myblue**
- Select the Find a Doctor & Estimate Costs box
- On the Find a Doctor & Estimate Costs home page, click the Go to Find a Doctor & Estimate Costs Now button
- Next, select the SmartShopper Shop for Procedures button

BY PHONE:

Call the SmartShopper Personal Assistant Team at **1-877-281-3722**
Monday – Thursday, 8:00 a.m. – 8:00 p.m., or
Friday, 8:00 a.m. – 6:00 p.m.

Why Choose SmartShopper?

Health care costs can vary widely depending on the provider.

When MMHG members choose high quality lower cost providers it can help reduce future premium increases.

For benefit details including a listing of over 20 health care services eligible under SmartShopper go to **www.mmhg.org** “What’s New” & look for the “SmartShopper” link.

**All MMHG non-Medicare members (subscriber/dependents) currently enrolled in Blue Cross Blue Shield of Massachusetts HMO and PPO plans are eligible for the SmartShopper program.*

Your Wallet & Your Health

Save \$\$\$ on Brand Name Prescriptions

Your MMHGRx Prescription Drug Program

Save \$35- \$65 per month on your brand name prescription drug copay!

MMHG offers to non-Medicare HMO and PPO (BCBS & HP) members a cost saving international mail order drug

program for brand name prescriptions— with no copays.

MMHGRx is a voluntary program administered by CanaRx and does not replace your current prescription drug plan. Click **HERE** for an overview of how the program works.

Visit **www.MMHGRx.com** **HERE** for the MMHGRx Website and to see if your brand named prescription drug is available to you with no copay!

Why Choose the MMHGRx Prescription Drug Program? Administered by CanaRx

- ⇒ You pay \$0 COPAY for all prescriptions offered through the program
- ⇒ Prescriptions shipped directly to your home with no shipping and handling costs
- ⇒ No out-of-pocket expenses

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)

Your High Tech Imaging Savings:

The MMHG and Shields Health Care Group are collaborating to help educate members on the cost savings of using a non hospital based provider for high tech imaging. Rate Saver and Benchmark plan subscribers enjoy waived co-payments for high tech imaging when they use a non hospital based facility like Shields. (check plan for details). Find a Shields location near you at **www.shields.com** or call 1-800-258-4674.



Solve and return the completed puzzle to us no later than July 1st (be sure to include your name and email address) and you'll be entered in a random drawing to win a \$25 Gift Card!!

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

CONGRATULATIONS

to Gail Roberts from Rochester. Gail won a \$25 gift card for solving the "Nuts About Nuts!" word search puzzle in the winter newsletter!

Healthy Tip:

Surprise! Did you know that the avocado is classified as a large berry because it has a seed and soft flesh?

Avocados have a distinct nutrition profile with a wealth of vitamins and minerals such as potassium, copper, vitamin E and vitamin C. Rich in healthy fat, add ripe avocado to your sandwich instead of mayonnaise or smear on whole grain toast in place of butter,

Solve the MMHG Puzzle— Beautiful Berries!

Colorful berries are rich in vitamin C, fiber, and low in calories. Berries also provide nutrients like folate and potassium. But, it's the phytochemicals, like anthocyanins, that give berries their vibrant colors, that makes them so special. Anthocyanins are potent antioxidants that fight oxidative cell damage and may reduce the risk of cancer and heart disease. Adding a variety of delicious fresh, frozen and dried berries to your diet is a beautiful way to boost your health!

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

ACAI BERRY
BLACKBERRY
BLUEBERRY
BOYSENBERRY
CRANBERRY
GOJI BERRY

GOOSEBERRY
GRAPE
LINGONBERRY
MULBERRY
RASPBERRY
STRAWBERRY



Buying & Storage Tips

~Choose fresh berries that are firm, plump and colorful.
~Buy organic berries when possible.

~Locally grown berries in season taste best. Buy frozen berries when not in season.

~Select fragrant, bright red strawberries with green caps attached.

~When you bring berries home, cover dry berries and refrigerate until ready to serve.

~Fresh berries like raspberries and blackberries will only last a couple of days in the refrigerator, blueberries will last up to 5 days.

~When you're ready to eat berries, rinse gently and pat dry.

~Freeze fresh berries by spreading them out flat on a cookie sheet. Place in the freezer. Once frozen, transfer to a zip lock freezer bag. Rinse before using.

~Berries are delicate, but worth the trouble!

Recipe: Overnight Oats with Berries

Enjoy overnight oats straight from the refrigerator or heat oats before topping with fresh fruit.

- 1) In a one pint mason jar (or other container) mix 1/2 cup old fashioned oats with 3/4 cup of liquid (milk, plant based milk, water).
- 2) Mix in 1 Tablespoon of chia, hemp, or ground flax seeds (optional).
- 3) Add a pinch of salt, some sweetener (like real maple syrup or honey) if desired, some cinnamon or vanilla. Mix in.
- 4) Let sit in refrigerator overnight (at least 8 hours).
- 5) Before serving, top with your favorite fresh berries, chopped nuts or nut butter. Enjoy!



Blue Cross Blue Shield & Harvard Pilgrim Members

10 Wellness Perks to Take Advantage of Right Now!

Did you know that MMHG members enrolled in Blue Cross Blue Shield (BCBS) and Harvard Pilgrim (HP) have access to all sorts of wellness benefits and discounts? Here are 10 wellness perks you may not even know you have.

1. **Fitness Reimbursement:** MMHG members enrolled in BCBS and HP can get reimbursed up to \$300/year for participating in a qualifying fitness program. See page 6 of this newsletter for more information.
2. **Weight Loss Benefit:** BCBS members can get reimbursed up to \$150/year for participating in a qualifying weight loss program (including Weight Watchers Online beginning 7/1/2019). Click [HERE](#) for more information.
3. **BCBS & HP Wellness Portals:** If you haven't had a chance to create your own wellness member account with BCBS or HP, you're missing out. Check out the bottom of this page for more information on how to access a wealth of health information.
4. ***Acupuncture Benefits:** All MMHG BCBS and HP plans include benefits for acupuncture. Check your plan summary at www.mmhg.org for details.
5. **HP Health Coaching:** This is a free telephonic health coaching service available to any HP member age 18+. All personal health coaches are certified in lifestyle management coaching. Call (877)594-7177 to get started.
6. **HP Member Discounts & Savings:** HP members have access to exclusive discounts on health and well-being products and services including discounts for complementary and alternative medicine. Log into your HP Wellness Account for more information.
7. **BCBS Identity Theft Protection:** BCBS members can manage stress by enrolling, at no charge, in identity theft and credit monitoring services through Experian. Click [HERE](#) to find out more.
8. **BCBS 24/7 Nurse Care Line:** BCBS members can call **1-888-247-BLUE (2583)** 24 hours a day 7 days a week and speak to a nurse about any medical questions they have. Click [HERE](#) for details.
9. **BCBS Blue365:** BCBS members can sign up for Blue 365 to receive great health and wellness deals. Click [HERE](#) to sign up.
10. **Nutrition Counseling:** Nutrition counseling with a registered dietitian is a covered benefit under all BCBS and HP plans. Call BCBS member services or HP member services to find out more about this benefit and to see if you need a referral.

**Effective July 1, 2019*

Member Service Contact Info:

Blue Cross Blue Shield:
1-800-782-3675
Harvard Pilgrim:
(888) 333-4742

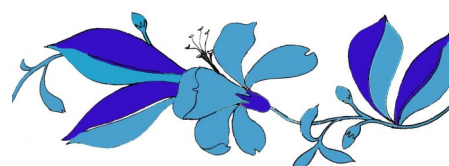
Your Acupuncture Benefit

Effective July 1, 2019, All MMHG BCBS & HP Plans Include Benefits for Acupuncture.

Results from a number of studies suggest that acupuncture may help ease types of pain that are often chronic such as low-back pain, neck pain, and osteoarthritis/knee pain. It also may help reduce the frequency of tension headaches and prevent migraine headaches.

Therefore, acupuncture, when performed by an experienced, well-trained practitioner appears to be a reasonable option for people with chronic pain to consider.

~National Center for Complementary and Integrative Health (National Institutes of Health)



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, listen to podcasts

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

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!

- 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 questionnaire
- Look up health topics A-Z
- Check out health and wellness publications
- Search online resources via a web library

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

Your Fitness Benefit Reimbursement Information

Did you know that MMHG members can get money back each year for participating in a qualified fitness program? Beginning **July 1, 2019** that benefit amount is increasing from up to \$150/year to up to \$300/year!



Blue Cross Blue Shield Members

Your Blue Cross Blue Shield health plan will reimburse you **up to \$300** per calendar year for you or your dependents covered under the plan when you participate in a qualified fitness program.

Qualified for Fitness Reimbursement:

Membership or fitness class fees at:

- A full-service health club with cardiovascular and strength-training equipment like treadmills, bikes, weight machines, and free weights.
- **New in 2019!** A fitness studio with instructor-led group classes such as yoga, Pilates, Zumba®, kickboxing, indoor cycling/spinning, and other exercise programs. Note: These new services qualify for reimbursement beginning 7/1/2019.

What doesn't qualify:

- One-time initiation or termination fees
- Gymnastics, tennis, pool-only facilities
- Martial arts schools, instructional dance studios, country clubs or social clubs, sports teams or leagues
- Personal trainer sessions, fitness equipment or clothing

3 Easy Steps to get Reimbursed:

1. **Choose** a qualified fitness program.
2. **Complete** the fitness reimbursement form once you pay for the program.
3. **Mail** the completed form to the address listed on the form.

If you need help, call Member Services at 1-800-782-3675.

For more information, please log on to MyBlue® at bluecross-ma.com/myblue. Reimbursement is for each individual (or family) plan per year. You have until March 31 of the following year to submit a request.

Harvard Pilgrim Members

If you belong to a qualified health and fitness club for four months in a calendar year, Harvard Pilgrim will reimburse you **up to \$300** for you or the dependents covered under your plan.

Fitness reimbursement applies to monthly fees paid to a facility that provides cardiovascular and strength-training equipment for exercising and improving physical fitness, such as: health clubs and fitness centers; YMCA's and YWCA's; Jewish Community Centers; and municipal fitness centers. Qualifying facilities also include fitness studios/facilities that offer yoga, Pilates, Zumba, aerobic/group classes, indoor cycling/spinning classes, kickboxing, CrossFit, strength training, tennis, indoor rock climbing and personal training (taught by a certified instructor).

What you need to know:

- Membership at a qualifying health and fitness facility must be for at least four months in a current calendar year (January – December) and must coincide with your Harvard Pilgrim membership. Qualifying facilities are subject to approval by Harvard Pilgrim.
- You can request reimbursement starting with May 1 of the current calendar year and when you have met all of the criteria listed above.
- The subscriber must submit Harvard Pilgrim's paper or online Fitness Reimbursement Form, plus all necessary receipts and a copy of the fitness facility contract, no later than March 31 of the following year.

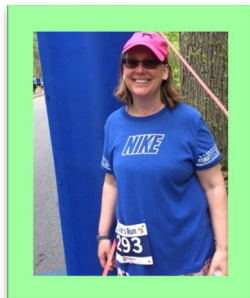
Ready to request reimbursement?

Apply by mail: Download the Fitness Reimbursement Form and follow the instructions.

If you need help, call Member Services at (888) 333-4742.



Lynne Welsh, Town of Kingston



This spring MMHG members logged a whopping **44,945 miles** in the **MMHG Make your Way to 5K Challenge**. Lynne Welsh, Wellness Coordinator from the Town of Kingston, not only participated in the challenge, but she recently ran the Evan's Run 5K in Norwell as part of Team MMHG. We asked Lynne a few questions about her experience in training for and participating in a 5K.

Q) Congratulations! You recently ran a 5K after participating in the MMHG Make your Way to 5K Challenge. Can you tell me a little bit about what led you to join this wellness challenge and run the race?

A) I joined the challenge because I had been thinking about jogging again, so it was a great way to start and keep me motivated. I did not sign up for the race right away, but at the last **Make your Way to 5K** meeting, I decided to sign up. I figured it was for a good cause and worst case I could just walk it.

MMHG Wellness Spotlight

Q) How did you prepare for the race? Any surprises the day of the race?

A) I prepared for the race by first jogging from telephone pole to telephone pole while out walking and slowly increased how far I jogged. The week before the race I did a 3.5 mile loop and actually jogged 3.0 miles of it.

My goal for the 5K race was to jog the whole way and do 12 minute miles. I did jog the whole way and finished the race at 34:44, which was faster than my goal!!

Q) How has regular exercise like walking and jogging impacted your life and your health?

A) Since I have started to exercise regularly, overall I feel healthier and have lost weight.

Q) Any tips for sticking to an exercise program?

A) I schedule time for exercise at 5:30 in the morning. This way I know it's done and anything else I do during the day is an added bonus.

Q) How do you deal with setbacks?

A) Once I started jogging, I ended up with shin splints, but at the last meeting for **Make your Way to 5K Challenge**, I was shown a few stretches, so I do them now after walking or jogging, which helps.

Q) Where are some of your favorite places to walk locally?

A) My favorite places to walk are Long Beach in Plymouth or downtown Plymouth, where my route includes Burial Hill. I also have a favorite jogging route that goes through Plympton or my biking route that takes me through Duxbury.

What inspires you to be healthy or to make a healthy change? Do you have a wellness story to share? Please let us know.

Email: wellness@mmhg.org
Phone: 774-773-9306

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

Getting Physical- Use these tips to move toward a more active life

Content Source—AHealthyMe.com

Physical inactivity, obesity, high blood pressure, and smoking are risk factors for heart disease. These risk factors can be reduced by living a healthy lifestyle, including exercise. Here are some tips for starting an exercise program.

Choose activities you like. The key to starting and sticking with an exercise program is to pick activities that you enjoy. Then choose a convenient time and place to work out. Try to make exercise a habit. Do different activities rather than relying on just one so that you don't become bored with your routine. Finding an exercise partner may make it easier to stick to a regular schedule. If you miss an exercise session, don't worry. Just find another way to be active that day.

Build up your endurance. Start out by exercising slowly, especially if you haven't been active for a while. This will allow your muscles to warm up. Gradually build up how hard, how long, and how often you exercise. Be careful though. Overdoing exercise increases the risk of injury. Listen to your body, and don't ignore any pain in your joints, ankles, feet, or legs. If you stretch before exercising, do so gently. Also take plenty of time to stretch at the end of each session. This can help you become more flexible.

Drink plenty of water. While you exercise, drink some water every 15 minutes, especially in hot, humid conditions. Be sure to drink before you feel thirsty. You can't always rely on thirst alone to tell you when you need more fluids.

Check with your healthcare provider before starting any new exercise program. This is especially important if you have been inactive for a while. It is also important if you have a chronic health problem like heart disease, diabetes, or obesity, or if you are at high risk for developing these problems.

Quick Wellness Tips:

- ~Plan vacations around activities like hiking or swimming.
- ~Surround yourself with people who support and encourage you.
- ~Drink a glass of water first thing in the morning.
- ~Visit a farm stand or farmers market.



Your MMHG Wellness- Upcoming Programs

Here's are some of the MMHG Wellness events scheduled for June, including 2 new "Lunch & Learn" Webinar options, that you can connect to using your computer, tablet, or smart phone.

For event details, registration instructions, and new & additional programs go to www.MMHG.org and click on the "Wellness" tab to view the wellness calendar.

MMHG 21 Day Fruits & Vegetables Challenge **June 3rd- June 23rd**

Register at wellness@mmhg.org to participate in a challenge to eat at least 5 servings of fruits and vegetables a day. Win prizes in the grand prize raffle on June 28th!

Webinar: Fitness Trends Unveiled

June 6th 12:00- 1:00 PM Register [HERE](#)

This presentation discusses common misconceptions of exercise and some of the latest trends and fads associated with staying healthy through fitness. Participants will gain a better understanding of different types of workouts and how they suit specific goals as well as tips on how to navigate and understand different fitness fads.

Cooking Class- BBQ Sides, Sauces & Main Courses

June 13th 5:00- 6:00 PM

MMHG Offices, Cordage Park, Plymouth

Register at wellness@mmhg.org

Learn how to prepare healthy rubs, marinades, side salads and salsas- just in time for the BBQ season! The program is conducted by a registered dietitian and includes nutrition education on the health benefits of the menu in conjunction with a live cooking demonstration. All Participants will be provided with a taste of each recipe.

Webinar: Go Global- Superfoods from Around the World

June 18th 1:00- 2:00 PM Register [HERE](#)

The program includes information about traditional cultural food favorites and their health benefits. Participants receive recipes and shopping lists to turn their home kitchen into a global destination....healthfully!

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. Please note that schedules and events are subject to change.

Your MMHG Wellness

- In FY 2019 MMHG Wellness began offering a new option: "Lunch & Learn" Webinars in topics like nutrition, exercise, and stress management. Go to www.mmhg.org (click on the wellness tab) for links to past webinar recordings.
- MMHG Wellness offers online wellness challenges, regional seminars, exercise classes, and cooking classes/demos throughout the year. Find event schedules at www.mmhg.org.
- The MMHG Beneficial Newsletter is getting a makeover. Look for exciting new changes coming in the summer edition!

Spice it Up with Salsa!

With the summer grilling season fast approaching, one of the best ways to add flavor and excitement to your meals is by making your own fresh salsas. Here are 3 recipes that take advantage of healthy summer produce.

Salsa Fresca (or Pico de Gallo):

Serve with rice & beans or grilled meat.

1/4 small white onion finely chopped
1 garlic clove, minced
3 medium fresh ripe tomatoes, finely chopped
1 or 2 jalapeño or serrano chiles, to taste, minced (and seeded, if you would like a milder salsa)
1/4 fresh cilantro, chopped
Lime juice and salt to taste
Directions: Mix all Ingredients together.



Fresh Tomatillo Salsa

Serve with veggie tacos.

1/2 pound small fresh tomatillos, husked and rinsed and quartered
1 large garlic clove
1 tablespoon chopped fresh serrano chile with seeds, or to taste
2 tablespoons chopped cilantro
2 tablespoons water
Directions: Puree all ingredients in blender or food processor

Mango Salsa

Serve with grilled veggies or fish. Replace mango with pineapple, peaches, or watermelon!

3 ripe mangos, diced
1 medium red bell pepper, chopped
1/2 cup chopped red onion
1/4 cup packed fresh cilantro leaves, chopped
1 jalapeño, seeded and minced
1 large lime, juiced (about 1/4 cup lime juice)
1/8 to 1/4 teaspoon salt, to taste
Directions: Mix all ingredients together.

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Relaxation Methods That Really Work:

Relax slowly

Sit or lie down, if you can, and close your eyes. Starting at your head, tense your face by clenching your teeth and furrowing your brow. Hold the tension for 5 seconds, then release it. Next, tense your shoulders by bringing them up to your ears. Hold for 5 seconds, then release. Tense your arm muscles and hold for 5 seconds, then release. Continue to tighten and release each group of muscles in your body until you reach your toes. Focus on the warmth and heaviness of your body as you relax. Breathe gently for a few moments, then open your eyes.

Visualize

Sit or lie down and close your eyes. For 5 to 10 minutes, imagine you're in a place you love. This may be the beach, the mountains, or the house you grew up in. Breathe slowly and deeply as you imagine what you see, feel, hear, taste, and smell in your special place.

Take a breath

Start by sitting up straight. Breathe in so your rib cage expands, and then breathe out slowly. Breathing in this way relaxes muscles. This helps to reduce tension. It also reduces the likelihood of muscle and back pain. You can focus on a word, a mantra, or even your breath by focusing on your nostrils. Feel the breath coming in and going out. What you're trying to do is put the focus on something other than your problems. Do this for 10 to 20 minutes, twice a day.





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