

Beneficial Wellness Newsletter

5 Simple Summer Wellness Goals

Hot Topics:

~**100** members participated in the **2019 21 Day Fruits & Vegetables Challenge**—together eating over 10,500 servings of fruits & vegetables over the course of the challenge. Thank you to all that participated!

~**Upcoming!**
September 30th—the new 5 week **MMHG Move More Challenge**. Win prizes for exercising! More info coming soon.

~Stay tuned for free regional yoga classes beginning in September!

Summer's flying by, but there's plenty of time to enjoy the warm weather and sunshine. It's not too late to add these 5 simple wellness goals to your summer to-do list. How many can you accomplish?

1. Make Time for Nature:

A recent study from the University of Exeter found that people who spend at least 2 hours in nature a week are more likely to report good health and higher psychological wellbeing than those who don't. That breaks down to less than 20 minutes a day. Schedule "nature" into your calendar, be it time at the beach, forest or backyard.

2. Eat Like it's Summer:

Right now, your local farmers market or farm stand is bursting with deliciousness. Run, don't walk, to buy fresh corn, tomatoes, blueberries and more. We all know about the health benefits of eating plenty of fruits and vegetables. It's so easy in the summer.

3. Hydrate:

Your body needs you to drink enough pure clean water to function at it's best. It's essential. Be that person that carries around a water bottle everywhere.

4. Move a Little:

Summer temperatures can make exercise difficult, but there are options. Swimming, early morning walks, the air-conditioned gym, practice gentle yoga or stretching. Try and fit in a little exercise every day. You won't regret it.

5. Do Nothing:

Unplug, relax, unwind. Take a nap. This is especially important if you feel "busy" all the time. Put off doing the laundry and curl up with a good book (preferably while reclining in a hammock under a tree in the backyard with a glass of iced tea). You deserve a break this summer, allow yourself to take it.

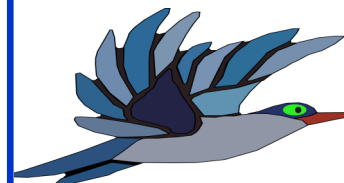
Congratulations to the three \$25 gift card raffle winners from the spring newsletter email updates promotion:

Joan Ayotte— Kingston

Susan Shedd— Hanover

Cheri Lemanski— Bridgewater

Sign up to receive MMHG Wellness Updates! Submit your information via our website:
www.MMHG.org
or send us an email:
wellness@mmhg.org



Inside this issue:

Telehealth Benefit-New!	2
Have you Tried Massage Therapy?	2
Solve the MMHG Puzzle	3
Environmental Wellness at Home	4
The 5-4-3-2-1 Coping Technique	4
Your Acupuncture Benefit	5
Your Fitness Benefit	6

MMHG Wellness Webinars— View Anytime!

MMHG Wellness began scheduling 'lunch & learn' webinars last Fall with topics like healthy eating, habit change, financial wellness, exercise, stress management and much more.

Live webinars are open to all employees and dependents from MMHG member units and have been a huge success. We are busy planning more for FY20, so stay tuned for the schedule.

Recordings of the live webinars are posted on the MMHG website at www.mmhg.org for you to view at your convenience. Watch from your smart phone, tablet or personal computer.

What wellness topic would you like us offer in a webinar? Send your suggestion by email to wellness@mmhg.org.

We'd love to hear from you!

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.

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.

More Choices:

Beginning July 1st all active (non-Medicare) MMHG Blue Cross Blue Shield and Harvard Pilgrim members can see licensed doctors and providers for minor medical and behavioral health care using

A New Option for Behavioral Healthcare

live video visits on their favorite device. All that's needed is an internet connection and a smartphone, tablet, or computer with a webcam.

Telehealth a New & Convenient Option for Behavioral Healthcare:

Telehealth is a secure, fast, easy and convenient option for accessing behavioral health care treatment by appointment for common conditions like;

- depression
- relationship issues
- workplace stress
- social anxiety
- trauma/bereavement
- substance abuse issues

Blue Cross Blue Shield HMO and PPO Members:

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:

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.

Have you Tried Massage Therapy?

It's a natural response to rub a sore knee or shoulder. Therapeutic massage is based on this idea. With therapeutic massage, muscles and other soft body tissues are rubbed and manipulated to help reduce pain and aid in the healing process.

Massage is found to be helpful both physically and emotionally. The rubbing action soothes sore muscles and releases tension in the body. This calms and eases stress.

Massage Therapy may help with the treatment of:

- Back pain
- Anxiety & stress reduction
- Depression
- Side effects of cancer & cancer therapy
- HIV/AIDS
- High blood pressure

- Migraine headaches
- Carpal tunnel symptoms
- Sports or overuse injuries
- Digestive issues
- Fibromyalgia

Massaging muscles and soft tissue stimulates the nerves. It also increases blood flow and eases stress in the muscles. There are many different types of massage including Swedish, Shiatsu, and Thai massage.

Massages are typically done in a quiet room often with soothing music. You often lie down on a massage table or sit in a massage chair.

Research has shown that massage therapy has few risks if used appropriately and provided by a trained massage professional. Always discuss the pros and cons of massage with your doctor, especially if you are pregnant or you have cancer or unexplained pain.

*Content Source: Mayo Clinic
AHealthyme.com*

Finding a Massage Therapist:

- ⇒ **Ask your doctor or someone else you trust for a recommendation. Most states regulate massage therapists through licensing, registration or certification requirements. Click [HERE](#) for MA licensing requirements.**
- ⇒ **Don't be afraid to ask a potential massage therapist such questions as: Are you licensed, certified or registered? What is your training and experience? How many massage therapy sessions do you think I'll need and what is the cost?**
- ⇒ **Blue Cross Blue Shield and Harvard Pilgrim offer discounts for therapeutic massage. Contact member services or online member portals for information.**

Solve the MMHG Wellness Puzzle— *Farmers Market Bounty!*

Solve and return the completed puzzle to us no later than September 15th (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
65 Cordage Park Circle
Suite 110
Plymouth, MA 02360
FAX—
774-773-9403

CONGRATULATIONS to Deborah Perry from Wareham.
Deborah won a \$25 gift card for solving the "Beautiful Berries" word search puzzle from the spring newsletter!



A great way to eat healthy is to put a spectrum of colorful fruits and vegetables on your plate and farmers markets have the freshest and best tasting options. Shopping at farmers markets also supports your local farmers and keeps the money you spend on food closer to your neighborhood.

Solve the word search puzzle below and discover what's available now at your local market during the peak of the summer season. Click [HERE](#) to find a farmers market near you!

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

APPLES
BASIL
BEANS
BEETS
BLUEBERRIES
BOKCHOY
BROCCOLI
CABBAGE
CANTALOUPE

CARROTS
CAULIFLOWER
CELERY
CHARD
CORN
CUCUMBERS
EGGPLANT
GARLIC
LETTUCE

ONIONS
PEACHES
PEPPERS
PLUMS
POTATOES
RASPBERRIES
SQUASHES
TOMATOES

Recipe: **Grilled Corn Salad**

Author: Pati Jinich

<https://patijinich.com/>

Ingredients:

6 ears of corn
10 scallions
5 tablespoons olive oil, plus more for brushing grill
1 1/2 pounds cherry tomatoes
1 teaspoon kosher or coarse sea salt, or more to taste
To taste freshly ground black pepper
1/4 cup fresh mint, chopped
1/4 cup fresh chives, chopped
2 tablespoons red wine vinegar

To Prepare:

~Pre-heat the grill to medium, or set a grill pan over medium heat. Once hot, brush with oil.
~Cook the corn for about 20 minutes, flipping with tongs every once in a while. Also, cook the scallions for about 10 minutes, flipping occasionally as well. Remove both from the heat when charred, cooked and softened. Set aside.
~Heat 5 tablespoons of olive oil in a skillet over high heat. Once the oil is hot, add the tomatoes, salt and pepper, and cook for 6 to 7 minutes until charred and softened. Remove from the heat, making sure to reserve the oil and tomato juices as well.
~Shave the corn kernels off the cobs and place in salad bowl. Cut white and light green parts of the scallions into 1-inch pieces and add to the bowl. Add the mint, chives, vinegar, and the reserved oil and juices from the tomatoes. Mix well. Incorporate the tomatoes. Gently toss and serve.

Recipe: Tomato Bruschetta

Recipe: Wholefoods Market

Ingredients:

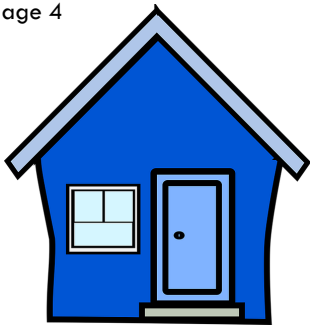
1 pound plum tomatoes, chopped
2 cloves garlic, minced
1 small red onion, minced
2 tablespoons minced parsley
3 tablespoons chopped fresh basil
1/4 teaspoon fine sea salt
1/4 teaspoon fresh ground black pepper
2 tablespoons extra-virgin olive oil
4 teaspoons balsamic vinegar

1 tablespoon red wine vinegar

1/2 baguette, sliced 1/4-inch thick

To Prepare:

Preheat the oven to 400°F.
Combine tomatoes, onion, basil, garlic, parsley, oil, vinegars, salt and pepper in a large bowl. Place baguette slices on a baking pan in a single layer. Bake slices until just golden, remove them from the oven, flip them, and return to the oven until golden, about 5 minutes per side.
Top warm baguette slices with tomato mixture.



DIY All Purpose Cleaner

Use to clean many surfaces: kitchen and bathroom cupboards, the inside of the fridge/freezer, kitchen and bathroom surfaces*.

INGREDIENTS:

2 cups distilled water
2 T- 1/4 cup liquid castile soap**
12 drops essential oil (like peppermint, lavender or orange)

DIRECTIONS:

Add ingredients to 16 oz spray bottle & gently shake to mix. To use: Spray surface to be cleaned, then wipe with a clean damp cloth (microfiber cloths work great!).

*Always test cleaners in a small area first before applying to a larger surface.

**Castile soap is a concentrated vegetable-based soap. Look for it in the health & beauty section of most stores.

Environmental Wellness at Home

What surrounds you each day in your home, work, or neighborhood can affect your health. You can't always choose what's in the environments you live, work, or play in. But taking small steps to make your environments safer and limiting your exposure to potentially harmful substances can help keep you healthier.

Healthier at Home

~Clean with non-toxic products. Make your own or select products without strong chemicals.

~Have and maintain a good ventilation system in your home. Let in the fresh air. Dust and vacuum often and wash bedding once a week in hot water to reduce dust mites.

~All pesticides, herbicides, and insecticides are toxic on some level. Try and avoid using chemicals like glyphosate for weed control in your yard and garden. Click HERE for tips on organic lawn care.

~Choose and use sunscreen and insect repellent wisely.

~Buy organic fruits and vegetables when possible. When you can't buy organic buy less contaminated conventional produce. Always clean your produce well before eating.

~Kick your shoes off at the door. Anything you step on in the street or on the sidewalk, you bring into your home.

~Choose glassware over plastic and cast iron or ceramic cookware over non-stick. Use less plastic for the environment and for your health.

~Tap water delivered to your home has to meet national drinking water standards, so you should feel confident in the water quality as it arrives at your house. But once that water enters your house pipes, it can change. Consider installing a whole-house water filter system, or using a smaller water filter at the faucet. If you have a well, test your water.

Content sources: National Institutes for Health, Environmental Working Group, HomesforHealth.org and Web MD

The Environmental Working Group (EWG) website <https://www.ewg.org/> is an excellent resource for consumers that want to live healthier lives in a healthier environment. Check out the following quick links to some of their consumer guides:

[EWG's Healthy Living Tips](#)

[EWG's Guide to Healthy Cleaning](#)

[EWG's Shoppers Guide to Pesticides in Produce](#) (includes *Dirty Dozen* & *Clean Fifteen* Lists)

[EWG's Guide to Sunscreens](#)

[EWG's Guide to Bug Repellents](#)

[EWG's Skin Deep Guide to Cosmetics](#)

[EWG's Water Filter Buying Guide](#)

[5 Reasons to Skip Bottled Water](#)

[EWG's Consumer Guide to Seafood](#)

[Dirty Dozen Endocrine Disruptors](#)



The 5-4-3-2-1 Coping Technique



It's impossible to completely avoid stress and anxiety. They are part of life. The 5-4-3-2-1 Coping Technique is a useful tool you can use to ease your state of mind to help you get through stressful moments.

The goal with this technique is to use the five senses to focus on the moment and avoid multiple anxious thoughts that can get in the way of your progress. It may seem simple, but can be very effective.

Here's what you need to do:

Begin by taking a few deep long breaths.

5. Acknowledge 5 things you can see around you. For example the stapler, telephone and other items on or around your desk.

4. Acknowledge 4 things you can touch around you like your keyboard, the ground beneath your feet, your elbow.

3. Acknowledge 3 things you can hear around you like the air conditioner, the sound of somebody walking by your desk.

2. Acknowledge 2 things you can smell around you such as coffee or perfume.

1. Acknowledge 1 thing you can taste. You may recall the oatmeal you had for breakfast or toothpaste you used when brushing your teeth.

End this exercise with a long deep breath.

Content Source: Destressmonday.org



Important Information for MMHG Subscribers:

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

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

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.



**MAYFLOWER MUNICIPAL
HEALTH GROUP**



65 Cordage Park Circle,
Suite 110
Plymouth, MA. 02360

Phone: 774-773-9301

Fax: 774-773-9403

Email: wellness@mmhg.org

We're on the web!

www.MMHG.org



Like us on Facebook



Follow us on Twitter



Follow us on Instagram

Your Fitness Benefit Reimbursement

Did you know that MMHG members can get money back each year for participating in a qualified fitness program?

And beginning July 1, 2019 that benefit amount is increasing from up to \$150/year to up to **\$300/year!** For more information on your fitness reimbursement benefit visit www.mmhg.org and click on the Wellness tab.

**Check out these exclusive coupons
available to MMHG members.
More coupons available at
www.MMHG.org.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FIND IT ALL
AT THE Y
AND TRY IT OUT FOR FREE!**

**FREE ONE-DAY GUEST PASS &
NO JOINER'S FEE**

For Employees of Mayflower
Municipal Health Group Member Units

SOUTH SHORE YMCA - EMILSON BRANCH 75 Mill Street, Hanover, MA 781-829-8585



**FREE 7-Day Trial Membership
\$0 Join Fee
Free One on One Consultation**

685 Metacom Ave. Bristol, RI 02809 401-254-3900
207 Swansea Mall Dr. Swansea, Ma 02770 508-679-9793
1301 Fall River Ave. (rte 6) Seekonk, Ma 02771 508-336-4545
360 Faunce Corner Rd. Dartmouth, Ma 02747 508-995-5600

When you bring this coupon to your local club.



Free 14-Day Family Trial Membership **Mayflower Municipal Health Group**

Includes two adults and their children under age 22.
First time members/guests only. Valid photo id required.

16 Aldrin Rd. Plymouth, MA

www.plymouthfitness.com 508-746-7448



KINGSTON

**CO ED FITNESS 24 HR. ACCESS 7 DAYS 365 DAYS FOR
YOUR CONVENIENCE**

NOW OFFERING CLASSES!

7 Day Free Trial Membership with this Coupon For:

Mayflower Municipal Health Group Members

\$0 ENROLLMENT

Free Personal Trainer Consultation with New Membership

187 Summer Street (RK Crossing Plaza) Kingston

www.anytimefitness.com (781) 585-0444

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 ~