wellness program

Scantic Valley Regional Health Trust

WELLNESS NEWS

NOVEMBER 2026



Health and wellness resources for you and your family

If you have any questions or would like to make any suggestions about programs or content, feel free to email me at Marcymohealth@verizon.net **or call 561-271-1655**
I would love to hear from you!

Diabetes Awareness Month

According to the CDC, more than 2 in 5 American adults have prediabetes, and approximately 80% don't know it!

Before you panic and throw away every cookie in your kitchen, here's the good news: Prediabetes does NOT mean type 2 diabetes is inevitable. In fact, healthy lifestyle changes can help bring blood sugar back into a healthier range and significantly reduce your risk.

First, what's the difference between prediabetes and Type 2?

Prediabetes: Your blood sugar is higher than normal, but not high enough to be considered type 2 diabetes. Think of it as an early opportunity to make some positive changes.

Type 2 diabetes: Your body has difficulty using insulin effectively or producing enough to keep blood sugar within a healthy range. The good news? Healthy habits, monitoring, and appropriate treatment can help you manage it.

Here's a little motivation!

A major diabetes prevention study found that a structured lifestyle program combining healthier eating, regular physical activity, and modest weight loss reduced the risk of developing type 2 diabetes by 58% among high-risk adults. That's pretty impressive for changes that don't require a gym membership, marathons, expensive equipment, or giving up birthday cake forever! Small changes over time make a very big difference!

Want to learn more?

Take the 1-minute Prediabetes Risk Test

CDC: Preventing Type 2 Diabetes

American Diabetes Association: Signs and Symptoms

Alzheimer’s Awareness Month

I don’t know anyone over 40 who doesn’t think Alzheimer’s Disease is terrifying!
Here's some encouraging news: Research suggests that healthy lifestyle habits may help reduce the risk of cognitive decline and dementia, including Alzheimer's disease. And it's never too early (or too late!) to start.

Here are a few Ways to Give Your Brain Some Love

1. **Get moving!** What's good for your heart is good for your brain. Walking, dancing, swimming, and strength training are all great choices. Structured exercise can help move amyloid plaque
2. Feed your brain. Enjoy colorful fruits and vegetables, leafy greens, nuts, whole grains, and healthy fats like olive oil.
3. Keep learning. Challenge your brain with something new. Learn a language, play an instrument, take a class, or finally figure out how to use all the features on your phone!
4. **Stay connected.** Spending time with friends and family, volunteering, and participating in social activities are wonderful ways to support brain health.
5. Prioritize sleep and your health numbers. Aim for 7–9 hours of sleep and keep an eye on blood pressure, cholesterol, and blood sugar. Your brain benefits from all of it!

Here's the Takeaway
We can't control every risk factor for Alzheimer's, and no lifestyle change guarantees prevention. But we CAN make choices today that support healthier brains tomorrow. Your challenge this month: Try something new, get moving, and spend time with people who make you smile. Your brain will thank you!
Learn More

- **Alzheimer's Association: 10 Healthy Habits for Your Brain**
- **TODAY Show**: **Take a look at this powerful story that I saw this morning**

Wellness Works Incentive Program



The Wellness Works Program is back and it's better than ever!

The Wellness Works Program allows SVRHT employee subscribers to earn points for participating in health and well-being programs. All programs offered are free for members (employees and family member subscribers) who get their health insurance from the Scantic Valley Regional Health Trust. Programs are worth between 10 and 20 points each and you can earn up to 200 points between October 15th and May 31st.

The first programs that are available this month are listed on the following page of this newsletter. I hope you will join the incentive program this year - it's such a great way to focus on your health and well-being and earn a bit of money doing so!

For more information on the Wellness Works Incentive Program, see the links below:

Here is the document if you have Health New England (HNE)

Here is the document if you have Blue Cross (BCBS)

Here is the link If you have Harvard Pilgrim (HP)

Wellness Works Incentive Program







November Programs

- **Healthy Happy Holidays is back for the 5th year.** This email-based program helps participants stay healthy and fit during the always busy and sometimes very stressful holiday season! **Here is the link to join**. This program is worth 10 points

- **Healthtrax Fitness & Wellness is bringing the Maintain Don't Gain 8-Week Holiday Wellness Challenge.** In addition to Healthy Happy Holidays, you can stay healthy and fit with Healthtrax! **Click here for more information about the program**.
  This program is worth 20 points

- **Sleep Better -** Every time we change the clocks or head into a stressful period of time, we can have disrupted sleep. This great sleep program gives you some incredible tips and science-backed data to help you sleep better and improve your health.
  Here is the link to join. This program is worth 10 points

- **Healthy Fit Family Mobile App -** If you would like guidance every day with exercise and nutrition, you can join the app! **Email me with HFF App in the subject line,** and I'll get you signed up. You will find everything you need to stay healthy and fit!

This great stress less program is still available for you - and the timing is perfect!

Stress Less this Fall - This program is worth 20 points when you complete it
Lisa Ranieri is an incredible health coach, combat veteran and stress management expert! I love her approach to managing every day stress which can create the same stress response as combat!

Here is the link to join the program

Here is a link to the fitness programs with clickable links - they're GREAT!

Two Cost Savings Programs

Available to employees and family members who get their insurance through the SVRHT

Diabetes Program - Good Health Gateway

Diabetes affects approximately 40 million Americans.

If you or a benefit family member has diabetes, Good Health Gateway can save you money on medications and testing supplies.
If you haven't looked into how this program can save you money and help you manage your diabetes, now is the time!

For more information on this program, **click here**

CanaRX

If you have prescription medications, you can save money with CanaRX. Medications on the list are free to employees who get their insurance from the SVRHT.

CANARX sets the standard for prescription medication safety and savings. Sourced in federally-designated countries, brand-name medications are shipped straight to you in their sealed, original packaging. **You pay nothing thanks to the exceptional savings CANARX brings to your health plan when you use this optional program. It's just that simple.**

For more information or to sign up for this cost-saving program **click here**
You can see if your medications are on the list **here**

****If you're still not convinced that you should try utilizing CanaRx,**
watch this short video that will explain the benefits of this incredible benefit.

If you or an eligible family member has diabetes, you could save money with Good Health Gateway

Support That Makes Diabetes Care Easier— and More Affordable



Expert Guidance Every Step of the Way

Save on Medications and Supplies

Helpful Tools and Resources

Did You Know?

The Scantic Valley Regional Health Trust offers the **Good Health Gateway®** Diabetes Care Rewards Program at no cost for health plan members living with any type of diabetes.

Member Benefits

Once you enroll, you'll receive the benefits below to help you stay on track with your diabetes care.

- $0 copays on covered diabetes medications and supplies
- Personalized support to help you reach your health goals in a judgment-free setting.

See How Much You Could Save

On average, members save $650 or more a year.

Prescription	What You Pay Now	What You Could Pay
30-Day Supply of Generics at Retail	$10	$0
30-Day Supply of Preferred and Non-preferred Brand Name Drugs at Retail	$25 - $50	$0
90-Day Supply of Preferred and Non-preferred Brand Name Drugs Through Mail Order	$50 - $110	$0

Savings shown are examples only. Your actual savings will depend on your prescriptions and plan.

Scan Me

Ready to Get Started?

Scan the QR code, go online, or call to enroll today.
(800) 643-8028 | GoodHealthGateway.com

Good Health GATEWAY®
Diabetes Care Rewards Program

November Recipes

[Here is the link for this month's recipe bundle]

Healthy Kitchen Items



Olive oil is a great iol for cooking, but it can pack a punch with calories. I tablespoon of olive oil has 120 calories and 14 grams of fat. It's a healthy oil but using it sparingly will help you manage your calories. [Try this olive oil sprayer]



Make sure you meats and seafood are cooked to the proper temperature to avoid getting sick! [This digital food thermometer] has 137K positive reviews on Amason and it's only $10

Late Fall Fitness



How about trying a fun, healthy family event this November. A Turkey Trot is a fun 5K run/walk that everyone can participate in.

Here are a few that are happening near you.



Wolf Swamp Turkey Trot 5K Run/Walk
Location: Wolf Swamp Elementary School
Date: November 28th
Registration Link: **Click here**

Wilbraham Turkey Trot
Location: 500 Main St, Wilbraham, MA 01095
Date: November 26th
Registration Link: **Click here**



Stuffing the Pantry 5k or 2K
Location: 301 Chestnut St East Longmeadow
Date: November 26th
Registration Link: **Click here**



If you're not interested in a 5K, you can enjoy **this workout with Get Fit with Rick**



Let's start moving andfeeling great together!

Join Janine Boland for her wonderful Yoga program -
you can still drop in and enjoy a yoga class!

This program is a fun way to unwind and de-stress after a long day.

All levels are welcome so bring a yoga mat and a water bottle and end your day on a positive, healthy note!

When: Mondays at 5:30
Dates: October 19 and 26
November 2, 9, 16, 23, 30

Where: Longmeadow Adult Center

$30.00 for all 7 classes -. You can bring cash or a check for Janine Boland when you attend your first class.
$10 drop-ins

To sign up, email Janine Boland at **j9boland@gmail.com**
or call 413-575-6574

If you have questions, please contact
Janine Boland j9boland@gmail.com
413-575-6574

Living Well Community

Would you like to take a yoga class in your own home? How about developing a mindfulness practice with guided mindfulness and meditation? Or, maybe it would be fun to try a cardio dance class with your family - right in your own living room! **Click on the blue text** below to go directly to the website.



Wellness Recharge

Mindfulness and Meditation

Mind the Moment in everyday life
Tuesdays 12:00-12:30 p.m. ET

Fitness Classes

Restorative Yoga
Mondays
5:30-6:30 p.m. ET

Cardio Dance
Every Tuesday
5:30-6:30 p.m. ET



Tai chi
Tuesdays
7:30-8:00 a.m. ET

Strength training
Thursdays
7:30-8:00 a.m. ET

Vinyasa flow yoga
Wednesdays
5:30-6:30 p.m. ET



These programs are free to everyone (you don't have to have Harvard Pilgrim/Tufts as your insurance provider to participate). Check out the **Living Well Community Page Here**

Tobacco Cessation Resources

Did you know: Within 1 year of quitting smoking, your risk of heart disease decreases by 50% of a smoker? The decreased risk of lung cancer takes a bit longer after quitting so it's important to quit - for life!

Below are some resources to help you quit smoking (and tobacco). Each health insurance carrier has resources as well and medications that can help with your quitting journey so look at the resources on your insurance provider's website.

Massachusetts Tobacco Cessation and Prevention Program (mass.gov/take-the-first-step-toward-a-nicotine-free-life

In-person support available in your area (makesmokinghistory.org)

·The Massachusetts Smokers' Helpline - free and confidential counseling service

English: 800-QUIT-NOW, (800) 784-8669

Spanish: 800-8-DÉJALO, (800) 833-5256

Other languages: (800) 784-8669 to connect with interpreter service

Are you ready to quit smoking? (healthwise.org)

Quitting tobacco use (healthwise.org)

Prepare to quit (smokefree.gov)

Sign up for Smokefree TXT (smokefree.gov)

CVS Minute Clinic Tobacco Cessation

