

Wellness Program Newsletter

Wellness Matters

All benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs and classes listed. Friends are also invited to participate, however will not be eligible for incentives.

Coordinator's Corner

Summer is here! How wonderful it is to have the hazy, lazy days of summer to remind us to take some time and re-charge. Whether you have a 1 week or 2 month break from work, it is important to include activities that revitalize you! Read a juicy book, visit the farmer's market, take a day trip, visit the ocean, see a friend, take a class...whatever speaks to you, enhances your life and gives you positive energy. We are each responsible for the fulfillment and enjoyment our lives contain.

I am looking forward to all of the possibilities that the 2015/2016 wellness year brings. Of course, you are the ones that make it exciting and successful! Please let me know if there is an activity you would like to see happen in your building or with your co-workers to build camaraderie in addition to well-being. Be on the lookout for classes that will get you moving and cooking, in addition to favorites such as yoga, Walking Works, and the Maintain Campaign. There may even be a new HNE program for those of you who are looking for a great personal challenge...

On a more personal note, I was recently married (yay!) and I am in the process of changing my name to reflect my new status. In the coming months, any news from Lyn Fioravanti will be one and the same as your current Wellness Coordinator. Thanks for your anticipated patience through this process!

Enjoy making wonderful summer memories ~Lyn

Class Discount Update!!

Starting in September, a new procedure for receiving the 40% discount on classes offered through the Wellness Program will take effect. In order to streamline the payment/discount process, you will submit only one check for the full amount of the class price. If you work 20+ hours/week and attend all classes in the session (1 missed class is acceptable), you will receive a Visa gift card worth 40% of the class price. No need for writing 2 checks and the hassle that goes along with it. This does NOT apply to Park and Rec classes, as you automatically get the discount when you pay them (they charge 60% of their class price).

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Visit us on the web!

www.scantichealth.org

Ooops...Now What???

A recent study found that some consumers like to contact their doctor about health issues through social media. Are you one of these people? If so, you may want to know about BlueCare Nurse Line, a current service offered by BC/BS and Teledoc, an HNE service starting on August 1. Although not the same as Facebook, it may put your mind at ease or prompt you to take the appropriate next step when something unexpected occurs.

BC/BS has a [BlueCare Nurse Line](#) which allows their members to speak to a registered nurse 24 hours a day, 7 days a week. If you are concerned about symptoms you are having, and not sure what the next best step is, you can call and describe the situation to the nurse who will advise you. It may be to something you can treat at home, you may be directed to contact your doctor to make an appointment or go to the emergency room. Having access to a service like this limits unnecessary ER visits and the stress and cost that goes along with it. Next time you are questioning the urgency of a medical issue, call **1-888-247-BLUE (2583)**.

Starting on August 1, HNE members will be able to use a new service known as [Teladoc](#), a telehealth provider that provides access to US board certified physicians 24 hours a day, 7 days a week. With this benefit, HNE members can request a phone or online video consultation with a Teladoc physician to treat non-ER medical issues. Members are guaranteed to be connected with a doctor in less than an hour. Teladoc will also have the ability to provide notification of the consultation to your primary care physician. This service will cost the same as a PCP copay. All HNE members will be receiving a welcome kit from Teladoc beginning the week of July 20.

The Power of Good Nutrition

As many of you know, all of the SVRHT health plans offer a \$150 reimbursement per year if you have a membership to a gym or fitness center. This is a great incentive to put some money back in your pocket just for staying active! The benefits of physical activity are numerous, whether you are increasing your cardio fitness with walking, bike-riding, swimming, and so on, or if you are lifting weights and strength training to maintain or build muscle. Including both cardio and strength activities weekly is optimal.

Want to get **more** out of your workouts? Learn about fueling your body to get you through your workout AND your day. Nutritional counseling is covered by most of our health plans! HNE plans cover four yearly visits with a qualified nutrition professional within the plan's network with no co-pay (prior approval may be required). For BC/BS, there is no limit for nutritional counseling and the specialist copay would be required. Tufts members receive a 25% discount on unlimited office visits with a Tufts Health Plan network registered dietitian or licensed nutritionist. Members are covered for medically necessary nutrition counseling with a PCP referral (if your plan requires referrals).

If you have a medical concern that requires a change in what you eat, if you want to lose weight and keep it off, or if you want to improve the quality of your diet to improve the quality of your life, this is the way to do it. Just be sure to see a Registered Dietitian (so you know the information you receive is current and accurate) within your network. Please call or visit your health insurance website for more information on this important benefit.

Like us on Facebook! <https://www.facebook.com/scanticvalleywellness>

Glenmeadow's Lifestyle Pass

The Wellness Program is happy to announce our new collaboration with Glenmeadow Retirement Community in Longmeadow! Did you know that Glenmeadow offers many services to adults aged 62 and older even if you don't live there? One of these "perks" is a Lifestyle Pass, which you can purchase for \$25 a month. This will allow you to use their Wellness Center and pool anytime, as often as you like. Lifestyle Pass holders may also take any of the more than 20 fitness/wellness classes that are offered each week! The deal just got even sweeter, as the SVRHT Wellness Program will award you a \$10 Visa gift card for each monthly Lifestyle Pass you purchase. Now you can enjoy a month's worth of physical and social activities for \$15 a month! Please contact Torrie Dearborn at Glenmeadow (567-5547) if you would like to visit the facility and take advantage of this great offer. It is located at 24 Tabor Crossing. You need to be at least 62, and either working or retired from the municipalities we serve. It's that easy!

Meditation Anyone???

A new 21-day meditation is just around the corner! Oprah and Deepak are teaming up to offer another free meditation experience starting on July 13. If you have participated in this before, you know what it is all about and how it can really make a positive difference in your day. If you haven't, and are curious about how meditation and mindfulness can benefit you, take 2 minutes to watch this cute and informative video from *Mindful*:

http://www.mindful.org/news/adorable-animated-mice-explain-meditation-in-2-minutes?utm_source=Mindful+Newsletter&utm_campaign=5d84a9d587-MF+Weekly+Newsletter+June+30+30+2015&utm_medium=email&utm_term=0_6d03e8c02c-5d84a9d587-21217901

If you would like to register for the new meditation experience *Manifesting Grace through Gratitude* click on or visit the link below:

<https://chopracentermeditation.com/home>



Are you ready to make some **CHANGES** for a healthier you this summer?? Join in our 6-week summer campaign for better health and well-being! In keeping with the goals of the Wellness Program, 7 topics have been identified for healthy living: preventative screenings and medical self-Care, smoking cessation and other **Healthy behaviors**, **Activities** for self-care, **Night-time** needs, **Good** nutrition, **Exercise** and **Stress** management. On the following page, each topic lists eight suggestions. Between July 12 and August 22, simply put a slash (/) over the activity after you have completed it. If you would like more activities to choose from, please contact me (lyn@scantichealth.org) and I will email you another sheet of options. Anyone who completes at least 4 suggestions a week (24 slashes in 6 weeks) will be entered into a drawing for one of six **\$50 gift cards!** I must receive your completed form on page 4 by August 30 to be entered into the drawing. Please return it to me by mail (SVRHT Wellness Program, 240 Springfield St, Wilbraham, MA 01095) or email, or you may drop it in my mailbox at Wilbraham Town Hall. The drawing will take place on August 31 and winners will be notified by email. Have fun keeping healthy in the summertime!!

Medical self-Care	Healthy Behaviors	Activities for self-care	Night-time Needs	Good Nutrition	Exercise	Stress Management
Be up-to-date on recommended vaccinations	Stop or decrease cigarette use	Engage in a favorite past-time	Get at least 7-8 hours of sleep a night	Eat 5-8 servings of vegetables and fruits today	Walk for 30 minutes before work	Take some time and do what you love
See your doctor for your annual check-up	Use sunscreen, wear sunglasses and a hat	Do a crossword, brain teaser, or Sudoku	Go to bed at the same time each night	Make all your grains WHOLE grains	Go kayaking or canoeing	Practice meditation and/or mindfulness
Get a blood pressure check	Buckle-up	Take a nap	Dim lights in anticipation of bedtime	Go meatless for a day	Go for a hike	Try a yoga class
Search for us (Scantic Valley Wellness) and "Like" us on Facebook	Wear a helmet when bike riding	See an uplifting movie	Silence cell phone before you turn in	Drink 6-8 glasses of water daily	Do 30 minutes of moderate activity	Breathe deeply with long exhalations
Check out your health insurance website	No talking on the phone while driving	Call a friend	Drink caffeine-containing drinks before noon	Enjoy home-made food rather than convenience food	Mix it up! Try a different workout today	Take a walk
Over 50? Time to get a preventative colonoscopy	Drink only in moderation	Get a massage	Wake at the same time every day	Stop eating when you are satisfied, not stuffed	Join a gym	Pet your animal
Have your glucose checked	No texting while driving	Soak in a bath	Make your bedroom a tech-free zone	Try a new recipe with locally grown produce	Do 20-30 minutes of weight bearing exercise	Get outside and enjoy nature
Find out what your cholesterol numbers are	Maintain healthy weight for height	Write in a journal	Turn screens off 2 hours before bed	Eat beans or legumes 1-2 days this week	Go for a bike ride	Call a friend

Return this form by August 30 by mail (SVRHT Wellness Program, 240 Springfield St, Wilbraham, MA 01095) or email (lyn@scantichealth.org) or you may drop it in my mailbox at Wilbraham Town Hall.