



Wellness Matters

January 2011

The wellness newsletter of the Scantic Valley Regional Health Trust

HEALTHY HAPPENINGS

BIGGEST LOSER

WEIGHT LOSS CHALLENGE

Monday, January 3 –Sunday, March 13

Is losing weight one of your New year's Resolutions? The Biggest Loser Challenge can get you on track. Based on the TV show, this challenge encourages regular cardiovascular and strength exercise and healthy eating. Participants will receive weekly emails with weight loss tips and fun workouts.

The BIGGEST LOSER, by percentage of body weight lost, in each of our municipalities will receive a \$50 gift card.

You must weigh in and weigh out for this program. Your weight is not shared with anyone. Weigh-in at one of the following locations or weigh-in with your staff nurse and have it reported to Amy:

Longmeadow Community House, Mon., 1/3, 10:15-11:15am

Wilbraham Town Hall, Mon., 1/3 12:45-1:45pm

Minnechaug, Room B-5, Mon., 1/3, 2-3:30pm

East Longmeadow Town Hall, Tues., 1/4, 10:15-11:15am

LPVEC– Brush Hill, Tues., 1/4, 11:45-12:45

PROGRAM REGISTRATION

Contact Amy Higgins, Wellness Coordinator, at 847-0249 or amyhiggins2003@yahoo.com.

QUIT SMOKING YOUR WAY... AND WE'LL PICK UP THE TAB

If you are thinking of quitting smoking in the New Year the SVRHT Wellness Program wants to help you in any way it can. We realize that there are lots of different ways that people choose to quit...so you do what works for you. Not only will we cover the cost of your quitting method, but employees and family members who stay quit are eligible for up to \$100 in additional incentives.

TO RECEIVE HELP

Register with Amy Higgins, Wellness Coordinator, by January 7, 2011.

847-0249 or ahiggins@longmeadow.org

Tell Amy which option you are choosing (see below). You will receive more information about the incentives and program plan.

OPTIONS

1. Attend a FREE Nicotine Patch Giveaway:

Wed., 1/12, 4-6pm, Wilbraham Town Hall OR

Thurs., 1/13, 3-5pm, Longmeadow Community House

2. Pick up Prescription Nicotine Patches, Chantix or Zyban from your health care provider and we'll reimburse the copay.

3. Register for a Freedom From Smoking program at a local hospital or Freedom From Smoking Online and we will reimburse the cost of the program.

4. Quit Cold Turkey or pose another option.

**YOU MUST REGISTER IN ORDER TO
RECEIVE REIMBURSEMENT**



"LIKE" us on Facebook.

Go to scantichealth.org and link to our Facebook page

Scantic Valley Regional Health Trust Wellness.

- View upcoming programs and events
- Check in on healthy posts
- Share what you are doing to stay healthy
- See healthy pursuits other employees are involved in.

Coming in February:

Zumba

Self Care Yoga

Health Risk Assessments

This newsletter has 2 pages.

ARE YOU GETTING YOUR BRAND NAME MEDICATIONS FOR FREE?

Since 2005, The Scantic Valley Regional Health Trust (SVRHT) has offered the **myMedicationAdvisor**® (MMA) program to its member groups. MMA is administered by The Abacus Group and gives members access to obtaining brand name medications for **FREE** from international sources. Medications come from four countries including Canada, the UK, Australia and New Zealand. Nearly 10% of all the brand name medications currently used by members of the SVRHT come through the MMA program and the program will save SVRHT more than \$200,000 in 2010. Savings are passed along to you the participant in the form of co-payment waivers for brand name medications.

To learn more about this program visit the full article at our website:

<http://www.scantichealth.org/resources.htm>

Fitness and Weight Loss Benefits

This time of year many of us consider making resolutions related to fitness and weight loss. Your health plan may give you additional incentive.

BCBSMA and HNE subscribers can receive up to \$150 per calendar year for qualified fitness center dues and participation in Weight Watchers and hospital-based weight loss programs. Contact your benefits administrator to confirm your eligibility today.

Did you know...if you reach your goal weight through Weight Watchers the SVRHT Wellness Program will give you a \$25 gift card. Get in touch with Amy for more information.

Wellness Program Highlights 2010

As you know your employee wellness program promotes regular physical activity, healthy eating, stress management, tobacco cessation and preventative health screenings. To that end we offered several well-received and successful programs last year. Here are some of the highlights:

2010 kicked off with a region-wide Biggest Loser program. Out of the 81 employees who participated in the program, 21 received long-sleeve t-shirts for losing 3% of their body weight. The 2 Biggest Losers, losing 9.2% and 8.05% of their body weight, earned IPOD shuffles.

In late January 18 individuals received a FREE 6-weekly supply of nicotine replacement therapy patches to help them quit smoking. We can report that a few have stayed quit up until this point. If you know anyone who wants to quit this year please see the information on the front of the newsletter!

In March we brought our attention to colonoscopy. After considering that colonoscopy is the one preventative screening that can actually save your life and learning that only 48% of Scantic Valley Regional Health Trust's age-eligible employees had their colonoscopy, we decided to help you get off the fence. Between March and August 2010, 25 individuals completed their colonoscopy and earned a \$100 gift card. Although we asked that personal information NOT be shared with us, we did receive several stories from individuals who had polyps removed and others who had family history and were now relieved to know that they were healthy.

Many of you may have visited us at the Longmeadow and East Longmeadow Employee Benefit Fairs. There you were able to have your blood pressure and cholesterol checked as well as have a skin screening or body fat assessment.

Were you among the 117 employees that participated in the Walking Works program offered in the fall? This was our first program that used an online tracking form and allowed us to see how many miles other employees walked. I can't wait to do it again in the summer of 2011!

We hope the SVRHT Wellness Program has met your needs this year. Please continue to communicate with us about your interests and suggestions-and try to keep in touch with other employees and Amy thru our Facebook page (see page 1). Wishing you and your family a happy and healthy New Year, Amy and the SVRHT Board.



Scantic Valley Regional Health Trust

SCANTICHEALTH.ORG

All municipal employees in Hampden, Wilbraham, HWRSD, Longmeadow, East Longmeadow and LPVEC may participate in any of the programs listed in any location. Family members and friends are also invited to participate.