



Wellness Matters March 2011

The wellness newsletter of the Scantic Valley Regional Health Trust

HEALTHY HAPPENINGS

Colonoscopy Screening

Incentive Program

Do you know that a colonoscopy is the one preventative screening that can actually save your life? Are you age-eligible and on the fence about scheduling yours? Let the SVRHT give you some incentive:

Beginning March 1, 2011, the SVRHT Wellness Program will award \$100 to the first 15 people that schedule their first routine colonoscopy. Simply call or write your Wellness Coordinator, Amy Higgins, to say, "I have scheduled my colonoscopy". Once you have had the screening you will verify that it has been completed and your gift card will be mailed to you. You will not provide any personal information and your employer will not be notified whether you do or do not participate in this voluntary program.

Beginner Running Program

Jogging is one of the best ways to improve your fitness...and it is cheap and portable! Amy Higgins, Wellness Coordinator will lead an 8 week training program that uses a progressive walk-run format designed to help you comfortably progress from jogging for 2 minutes at a time to 30 consecutive minutes. The 30-minute walk-run session will be followed by 10-15 minutes of strength training and stretching.

At the end of the program you will have the option of running the Longmeadow Days 5k with the group. Amy has led hundreds of individuals thru this program and most have marveled at their ability to complete their first 5k successfully!

(All participants should be able to walk briskly for 30 consecutive minutes before participating in this program.)

Wednesdays 4:45-5:30pm

8 weeks beginning March 23

Longmeadow Community House

PRE-REGISTER PLEASE!!!



"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 April ...

Longmeadow and East Longmeadow

Employee Benefits Fairs

- Benefits information
- Preventative screenings
- Health and Fitness Information

PROGRAM REGISTRATION

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

This newsletter has 2 pages.

DON'T JUST WALK

If you have type 2 diabetes, you're better off splitting your exercise time between aerobic activities (like brisk walking) and strength training than spending the same amount of time on either activity alone.

Researchers assigned roughly 260 middle-aged, sedentary, obese men and women with diabetes to one of four groups: (a) walking on a treadmill for 140 minutes a week, (b) strength training (bench presses, leg presses, etc.) three days a week for a total of 140 minutes, (c) strength training twice a week for a total of 30 to 40 minutes plus 110 minutes a week on the treadmill, or (d) no exercise program.

After nine months, levels of hemoglobin A1c (a long-term measure of blood sugar levels) fell significantly only in the combined-exercise group. And waist size and weight shrank slightly more in the combined exercise group than in the other groups.

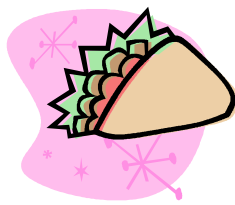
What to do: Shoot for at least 20 minutes a day of walking or other aerobics and 15 to 20 minutes of strength training twice a week. **Other studies suggest that a mix of exercise is best for everyone.**

JAMA 304: 2253, 2298, 2010.

Under Wraps

Think of your sandwiches as a chance to eat a salad without a fork and you'll get the right balance of shrubbery to poultry, seafood, meat, cheese, tofu, beans, etc. For some great healthy sandwich ideas view the following link in the January issue of Nutrition Action Health Letter:

<http://cspinet.org/nah/healthycook/janfebwraps.html>



Wellness Notes

Are you aware that the Blue Cross (BCBS) and Health New England (HNE) plans offered through the Scantic Valley Regional Health Trust (SVRHT) are *self-funded* and not insured? The SVRHT pays its own medical and drug claims rather than paying insurance premiums. Self-funding is the most cost-effective way for large employer groups to finance health benefits.



The SVRHT experiences the impact of healthy behaviors *directly* through its claims costs. So you can save yourself and co-workers money by practicing healthy behaviors and receiving preventive screenings to detect disease early. **Did you know that a large portion of claims are the result of potentially preventable conditions!.** If those covered by the SVRHT practice healthy behaviors, we could save millions of dollars each year! BCBS ranked SVRHT's top 5 potentially preventable conditions:

1. Lack of Physical Fitness
2. Cardiovascular Disease Risk
3. Injury Risk
4. Inappropriate Level of Care (unnecessary use of ER, etc.)
5. Stress Related Disorder Risk

By staying fit, focusing on stress reduction, eating healthy and managing our weight, we can improve our lives and lower our health plan costs. In 2011 the SVRHT Wellness program will provide you with educational and incentive programs to help you improve your health. Let's all work together to stay healthy and reduce our healthcare costs.

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.