

Wellness Matters Newsletter

The wellness newsletter of the Scantic Valley Regional Health Trust

January 2013

IN THIS ISSUE:

Fitness and Weight Loss
Reimbursements

Biggest Loser Challenge

BCBS Eat Better Goal Getter App

FREE Nicotine Patch Giveaway

Smoker's Helpline and Calculator
Line Dancing

Self Care Yoga

Zumba

Hello Everyone. You may be thinking about making some healthy changes in 2013. This is a reminder that the Scantic Valley Regional Health Trust Wellness Program is here to support you in whatever way it can. Our primary focus is to provide resources and education to help you quit smoking, stay physically active, eat healthy, reduce stress and complete your preventative screenings. Currently SVRHT Wellness has handfuls of ongoing benefits and incentives to help you. Please view the following link for details:

Wellness Benefits and Incentives

Additionally, you are provided with periodic programs that are promoted through the Wellness Matters Newsletter and stand alone programs that can be utilized at a time of your choosing. The next issue of Wellness Matters will arrive the first week of January. Let me know if you would like to register for any of the programs listed there. If you are interested in having a specific program at your location that you do not see listed, please do not hesitate to contact Amy Higgins at amyhiggins2003@yahoo.com or 847-0249. Please state the type of class or program you are interested in, the location and the time you would like to see it offered. Any wellness-related class can be coordinated as long as there is sufficient interest. For physical activity programs that you can do on your own please go to:

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

Wellness requires a proactive approach. Let's work together to ensure your wellness needs are met in 2013.

Yours in health, :)

Amy

Amy Higgins, Wellness Coordinator

2012

15

Employees quit smoking.

78

Completed their colonoscopy and received an award.

119

Participated in blood sugar and cholesterol screenings

221

Lost weight through our Biggest Loser Program, Maintain Campaign and Weight Watchers

231

Had their blood pressure checked.

310

Tracked their steps using a pedometer

347

Participated in healthy behaviors to stay active and reduce stress.



FITNESS AND WEIGHT LOSS REIMBURSEMENTS



Blue Cross Blue Shield

BCBS members are entitled to reimbursement for up to \$150 per calendar year for qualified fitness centers and \$150 per calendar year for Weight Watchers.

[Click here](#) for details.



Health New England

HNE reimburses \$150 per family, per year for: qualifying fitness club membership; personal trainer fees; aerobic/wellness classes; school and town sports registration fees and up to \$150 per calendar year for Weight Watchers®.

For the Medicare Advantage plan, HNE offers an allowance of \$150 per calendar year for joining a Fitness Club or Weight Watchers® or for certain Safety Items.

[Click here](#) for details.



Tufts Health Plan

Members are eligible for up to \$150 per calendar year for fitness center membership.

[Click here](#) for details.

Biggest Loser Weight Loss Challenge

Monday, January 7 – Sunday, March 3, 2012

Get on track in the New Year! Employees participate in this challenge on their own, but are given a program guide full of helpful information. Use of the “MYFITNESSPAL” tracking tool will be encouraged but not required. All participants will be given a tool to determine their recommended daily caloric intake for weight loss and suggestions for how to maintain that level. Weekly encouragement and tips will be provided by Amy, your Wellness Coordinator, via email.

The 10 BIGGEST LOSERS, by percentage of body weight lost, will receive a \$50 gift card. In addition, each employee or family member who loses 5% of their body weight will earn a white long sleeve Wellness Program T-shirt (that’s 9 lbs on a 180lb starting weight). A midpoint weigh-in will be offered for those that would like to check-in.

Those interested must weigh in and weigh out. Your weight and participation in this program 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, Wed 1/2, 10:45-12pm

Wilbraham Town Hall, Wed 1/2, 12:30-1:30pm

Hampden Town Hall, Wed 1/2, 2-3pm

LPVEC Ludlow, Thurs 1/3, 9-10am

LPVEC Brush Hill, Thurs 1/3, 10:30-11:30am

Mountain View School, Thurs 1/3, 12-1pm

East Longmeadow Town Hall, Thurs 1/3, 1:15-2:15pm

Longmeadow DPW, Friday 1/4, 6:45-7:15am

LPVEC Agawam, Friday 1/4, 9-10am

Meadowbrook School, Fri 1/4, 11:15-1:40pm



MASSACHUSETTS

EatBetter GoalGetter, a Mobile App for Blue Cross Blue Shield members, is like having a personal nutritionist to help you get in shape and feel great. It tracks what you eat, how many calories you burn from working out and even how many glasses of water you drink every day. Getting nutritional info on foods is fast and easy. You can save your favorites, too.

EatBetter GoalGetter will calculate your daily calorie allowance. This will guide you toward the target weight you set for yourself. Every time you eat, you'll see carbohydrate, fat and protein percentages as well as your progress. And you'll get motivational messages all along the way.

It's simple to use and it's free. So you have nothing to lose except maybe a few extra pounds. <http://www.bluecrossma.com/goal-getter/>



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 anyway 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 any safe quitting method, but employees and family members who stay quit are eligible for up to \$100 in *additional incentives*.

HOW THE PROGRAM WORKS

Step 1: Register by contacting Amy with your intended quit date and quitting method. Schedule a 15-minute appointment at a Nicotine Patch Giveaway if applicable.

Step 2: Schedule 15-minute quit-verification appointment for 4-weeks from your quit date: 847-0249 or amyhiggins2003@yahoo.com

*Each employee who stays quit will receive a \$25 gift card after 4 weeks nicotine-free, \$25 at 8 weeks and \$50 at 6 months.

QUIT OPTIONS

1. Register for and attend a FREE Nicotine Patch Giveaway.

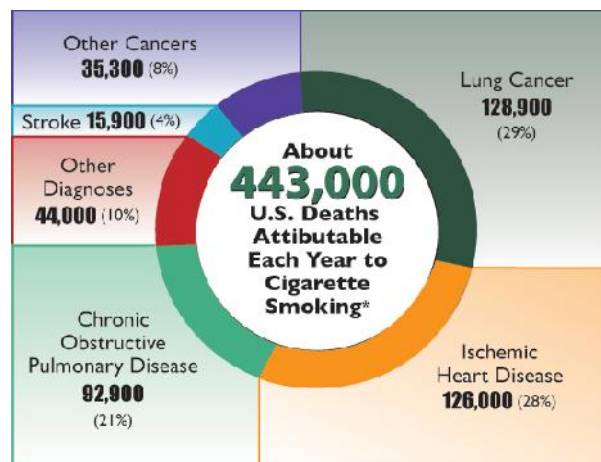
Tuesday, January 8, 4-6pm , Wilbraham Town Hall, 240 Springfield St. or Wednesday, January 9, 3-5pm, Longmeadow Community House downstairs Meeting Room (next to the kitchen), 735 Longmeadow St.

Please call 847-0249 by Friday, January 4 to register.

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 (<http://www.ffsonline.org/>) and we will reimburse the cost of the program.

YOU MUST REGISTER IN ORDER TO RECEIVE REIMBURSEMENT AND INCENTIVES.



Smoker's Helpline

The Massachusetts Department of Public Health offers a free program to help residents quit smoking. Massachusetts residents can receive free phone counseling and information, regardless of health insurance status. Ask your provider to refer you or you can call the Smoker's Helpline directly at 1-800-Quit-Now (1-800-784-8669). Services include:

-Up to 5 free smoking cessation telephone counseling sessions

-Free educational materials and online resources

-Quit Tips Line (24 hour recorded messages): 1-800-943-8284
<http://makesmokinghistory.org/>

Smokers' Helpline: 1-800-QUIT-NOW (1-800-784-8669)

QUIT TOBACCO.

make everyone proud SAVINGS CALCULATOR

When you quit smoking or chewing, you can say goodbye to the harmful effects of tobacco and hello to cold hard cash. Use our quitting calculator to add up the money you'll save when you quit tobacco. How much will you save? Soon your biggest problem will be deciding how to spend the extra money you've saved

<http://www.ucanquit2.org/calculator/Default.aspx>

Information taken from "Quit Tobacco Make Everyone Proud".

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Zumba at Meadow Brook School, Room 10, East Longmeadow

4 Tuesdays in January, beginning January 8

3:45-4:45pm

Cost: \$20 (take all 4 and get a 5th free!)

Line Dancing at Center School Cafeteria, Longmeadow

6 Wednesdays beginning January 9

3:20-4:20pm

Cost: \$30

Line Dancing at LPVEC, 174 Brush Hill Ave Cafe, West Springfield

6 Thursdays beginning January 10

2:30-3:15pm

Cost: \$30

Self-Care Yoga at Minnechaug Auditorium, Wilbraham

10 Tuesdays beginning January 15

4-4:50pm

Cost: \$90

Pre-register by contacting Amy Higgins at 847-0249 or

amyhiggins2003@yahoo.com.

Checks must be received one week prior to the first class:

Scantic Valley Regional Health Trust

c/o Longmeadow HR Office

735 Longmeadow St.

Longmeadow, MA 01106

These HWRSD employees are participating in a Self-Care Yoga class with Kate Forest. The pose is called "tree". It improves balance and is a good practice in being calm and focused.



Visit ScanticHealth.org or contact Amy Higgins for more information.

Amyhiggins2003@yahoo.com or 847-0249