

Wellness Program Newsletter

Wellness Matters

All benefitted and 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. Other employees, family members and friends are also invited to participate, however will not be eligible for incentives.

Coordinator's Corner

Happy New Year! Many people consider the new year a chance to start fresh—to either begin a new challenge or jump-start a previous one. Others simply continue with what they are already doing, as it is part of their normal routine and daily life. This can be true for eating healthy, exercising on a regular basis, getting enough sleep, being more mindful, devoting time to self-care, and so on. Either way, the Wellness Program can partner with you.

January 1 starts our annual *Wellness Works!* Program for all SVRHT members. Learn about your current health status and earn money while doing it! Read how you can participate in this opportunity on page 2.

A new addition to our member programming is the *DASH for Health* on-line program (see page 2) which is now available at a reduced cost through the Wellness Program! Based on the Dietary Approaches to Stop Hypertension, it is a sound, realistic way to improve eating and exercise habits for a lifetime.

I am also excited about a new team walking challenge for *EVERYONE* coming this spring. More about that later...

Stay warm~ ~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You are most welcome to “like” us on FB for health info:

<https://www.facebook.com/scanticvalleywellness/>

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The HWRSD Health/Benefits Fair for all employees and retirees will be held on Friday, March 15th from 1:30 - 4:00 PM in the cafeteria at Minnechaug Regional High School. If you have questions about your benefits, need to talk to someone from our many benefit reps, or just want to come and get lots of useful information from various community vendors that will be there, be sure to stop by! Great raffle prizes as well!



DASH for Health

DASH For Health is an online program dedicated to helping you eat healthier, exercise better and lose weight. With customized meal plans to help you get started, twice-weekly email tips, tracking tools for weight, food and exercise, and hundreds of recipes, you will **eat better, feel better and improve your health** - all while eating the foods you love.

All nutrition advice is based on the DASH Diet—a diet with more scientific proof behind it than any other eating plan. **The DASH Diet is a well-balanced, easy-to-understand way of eating that gives you lots of choices, and it is scientifically proven to help you lose weight, lower blood pressure and lower cholesterol levels.** The DASH diet is so well regarded, it is recommended by the USDA, the American Heart Association and it has been rated the #1 Overall Diet by US News & World Report *since 2011!*

Great news! The Wellness Program has secured an outstanding deal for you! The rate for a 6-month subscription usually costs \$60, and we have secured a rate of \$50. Even better, **the Wellness Program will pay \$25 for the first 10 subscribers!** Members of Scantic Valley Regional Health Trust can sign up for the DASH for Health program for **\$25 for a 6 month subscription** (more than 60% off the regular subscription rate)—what a bargain for what you will receive.

If you receive your insurance through your workplace (SVRHT), go to <http://www.dashforhealth.com> and enter coupon code: **SCANTIC2019** to take advantage of this special offer.

HNE members—There are a few changes effective January 1, 2019. HNE sends out two semiannual notices a year—the January 2019 notice was mailed to subscribers in December 2018. Please refer to this for the latest medical management and formulary changes.

BCBS senior/Medicare members—there is a change in the weight loss benefit. For more information, please click: [https://www.scantichealth.org/documents/health-insurance/55-0774_Weight%20Loss_Reimbursement_Fact_Sheet_\\$150_Standard.pdf](https://www.scantichealth.org/documents/health-insurance/55-0774_Weight%20Loss_Reimbursement_Fact_Sheet_$150_Standard.pdf)

Wellness Works 2019!

January 1 kicks off our 6th annual *Wellness Works* campaign, designed to keep you abreast of your health status while earning money along the way. If you are a BCBS, HNE or Tufts member through SVRHT, you are invited and encouraged to participate! Required activities include a free biometric screening in February (or forward your current biometrics to your insurer) and completion of an on-line health assessment. Optional opportunities include challenges for physical activity, nutrition, stress-reduction, mindful living and more.

This year, you can also earn points for participation in the DASH for Health online program.

What a great way to engage in health-promoting behaviors AND earn cash (up to \$300 in a Visa gift card)! This investment in you by the Trust supports its mission to enhance your well-being and control health care costs in a fiscally-responsible way.

Expect to receive an email from me in early January regarding the specifics of this campaign. In it, there will be detailed information regarding how the program works, where to find the information, how to sign up for a screening appointment, how to earn points, etc. If you receive your insurance through your employer and don't receive an email from me, please contact me at lyn@scantichealth.org or lyn.fioravanti@eastlongmeadowma.gov and I will get the information to you.

January is Cervical Health Awareness Month

Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer.

About 79 million Americans currently have HPV.

Many people with HPV don't know they are infected. And each year, more than 11,000 women in the United States get cervical cancer.

The good news? The HPV vaccine can prevent HPV. Cervical cancer can often be prevented with regular screening tests and follow-up care.

Cervical cancer screenings can help detect abnormal (changed) cells early, before they turn into cancer. Most deaths from cervical cancer could be prevented by regular screenings and follow-up care.

Women: get your well-woman visit this year. Most insurance plans must cover well-woman visits and cervical cancer screening. This means that, depending on your insurance, women can get these services at no cost to them.

Taken from <https://healthfinder.gov/NHO/JanuaryToolkit.aspx#tweets>, retrieved 12/26/18.

February is American Heart Month

Heart disease is the leading cause of death in the United States. Fortunately, it is largely preventable and there are many things people can do to reduce their risk, such as being more active.

Join the National Heart, Lung and Blood Institute (NHLBI) and its The Heart Truth® program this year in encouraging Americans to move more and Move with Heart. You should strive for at least 150 minutes (2 ½ hours) each week of physical activity that gets your heart pumping and leaves you a little breathless.

There are flexible ways to break it into amounts of daily activity, and even small amounts add up and can have lasting heart health benefits. Taken from: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>, retrieved 12/26/18. Enjoy this short **Move with Heart** video! <https://youtu.be/7RnGe6T3azA>

Silent Heart Attack: Symptoms, Risks

A heart attack does not always have obvious symptoms, such as pain in your chest, shortness of breath and cold sweats. In fact, a heart attack can actually happen without a person knowing it. It is called a silent heart attack, or medically referred to as silent ischemia (lack of oxygen) to the heart muscle.

Symptoms of a silent heart attack

“Just like the name implies, a silent heart attack is a heart attack that has either no symptoms or minimal symptoms or unrecognized symptoms,” says Deborah Ekery, M.D., a clinical cardiologist at Heart Hospital of Austin and with Austin Heart in Austin, TX. “But it is like any other heart attack where blood flow to a section of the heart is temporarily blocked and can cause scarring and damage to the heart muscle.”

Ekery regularly sees patients who come in complaining of fatigue and problems related to heart disease, and discovers, through an MRI or EKG, that the person had actually suffered a heart attack weeks or months ago, without ever realizing it.

“People who have these so-called silent heart attacks are more likely to have non-specific and subtle symptoms, such as indigestion or a case of the flu, or they may think that they strained a muscle in their chest or their upper back. It also may not be discomfort in the chest, it may be in the jaw or the upper back or arms,” she says. “Some folks have prolonged and excessive fatigue that is unexplained. Those are some of the less specific symptoms for a heart attack, but ones that people may ignore or attribute to something else.”

How to prevent a silent heart attack.

Ekery advises her patients to know their risk factors, be aware of their blood pressure and cholesterol, exercise regularly and avoid smoking to decrease their risk of a heart attack. Above all, she cautions them to listen to their bodies, and if something isn't right, talk to a doctor.

“People know their own bodies, and if something seems unusual, they ought to be evaluated,” she says, “particularly if they have any of those risks.”

Taken from: <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts/silent-heart-attack-symptoms-risks>, retrieved 12/26/18.

Upcoming Classes

Yoga with Janine Boland

Start your week with this gentle yoga class that includes stretching, balancing, movement and relaxation for every-body. The benefits of the practice will extend far beyond the class we share together. You will discover a new appreciation for your body, develop supportive breathing techniques, increase concentration and perhaps even experience deeper sleep. Come curious and leave relaxed and refreshed.

Mondays, 5:15 - 6:30 PM 1/7, 1/14, 1/28, 2/4, 2/11, 2/25 No class 1/21 or 2/18

\$60* for 6 classes Longmeadow Community House, Upstairs dance studio

All new participants will receive an aqua pearls hot/cold pack!

Pilates High Intensity Interval Training

This mat class improves your strength and physical endurance by combining the principles of Pilates with full body conditioning.

Mondays, 4:30 - 5:20 1/7, 1/14, 1/21, 1/28, 2/4

Core and More Pilates Studio, 2141 Boston Road, Wilbraham

\$55 for 5 classes Attend 4 - 5 weeks and receive a \$10 gift card!

All new participants will receive an aqua pearls hot/cold pack!

Longmeadow Parks and Recreation Department

Adult Karate starting January 3

Adult Fitness starting January 8

Tai-Chi Yang Style starting January 8

Zumba for Adults starting January 14

Please visit <http://www.lprd.net/> or call 565-4160 for more information and to register.

East Longmeadow Recreation Department offers classes such as yoga, cardio-strength, stretch and roll

Please visit <https://elrec.recdesk.com/Community/Home> or call 525-5437 for current class offerings and to register.**

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\*If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on wellness program on-site classes! Submit 2 checks (one for 60% & one for 40% of class price). If you attend all classes in the session (1 missed class is acceptable), your 40% check will be shredded or returned to you. This does NOT apply to Park and Recreation classes, as you will receive the discount when you register for their classes (they will charge eligible employees 60% of the class price and SVRHT pays the other 40%).

**\*\*You must register in person for East Longmeadow Rec Classes to receive the 40% discount.**

**Visit our website: <http://www.scantichealth.org/>**