

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

Phew! We made it to summer! We got here in a totally different way than we usually do, yet here we are. While we may not have the summer we're used to ahead of us, we can still make the most of the season.

Usually I include the summertime challenge in this issue, yet it takes up too much space. This year, I will be emailing the challenge to everyone, so look for an email from me in early July! It may be just what you need to continue or improve your self-care and maintain a sense of well-being and calm. I hope you will join in!

The spring was difficult, the summer is different and the fall/return to school is uncertain. This has been a strange, trying period of transition for everyone. If there is something that you as an employee, manager, teacher, etc., feel that would lighten the stressful load, please bring it to my attention and perhaps the Wellness Program can assist.

Enjoy the summer~

~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. I invite you to "like" us on FB for info on various health topics:

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

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"Worrying does not take away tomorrow's troubles. It takes away today's peace."



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## BCBS Member updates

If you get your health insurance through work (SVRHT) and are a BCBS member, you may be eligible for two new programs starting 7-1-20. If you are eligible, you may be contacted by Express Scripts (ESI).

**StepIn** - This is a no-cost, virtual weight management program designed to help you build long-lasting, healthy habits to improve your overall wellness. *Express Scripts* (an independent company that administers your pharmacy benefits) identifies members eligible for StepIn through pharmacy claims. If you are taking Metformin as a monotherapy, if you are taking a weight loss medication, or if you are taking a medication for hypertension or cholesterol, you may be notified of your eligibility. Eligible members receive a free smart scale that synchs with their mobile device. Members receive access to one-on-one coaching, challenges, weight and activity tracking and a customized health plan.

**Diabetes Care Value (DCV)** – This is a free, convenient diabetes management program that provides you with innovative support, reduced risk of complications, and rewards for healthy habits. DCV is designed to help you take greater control of your health, stick to a medication schedule, and help you save on avoidable, excess medical costs. ESI identifies members eligible for the program through pharmacy claims (diabetic medications, test strips). Members receive a free glucometer that pairs with a mobile app. Test results are logged and shared with ESI's diabetes specialists for medical intervention if necessary. You will also receive the Mango Health app to earn points towards rewards for tracking healthy habits.

For more information on DCV, go to [http://www.scantichealth.org/documents/wellness/Diabetes\\_Care\\_Value.pdf](http://www.scantichealth.org/documents/wellness/Diabetes_Care_Value.pdf) and for StepIn, please go to [http://www.scantichealth.org/documents/wellness/StepIn\\_Fact\\_Sheet.pdf](http://www.scantichealth.org/documents/wellness/StepIn_Fact_Sheet.pdf).

Also, BCBS has extended their due date for the **wellness reimbursement** until 60 days after the end of the national emergency.

**Health New England** will be sending new ID cards to all enrolled in the active HMO plans. The *Here to There* benefit information and logo was added to the card. As a reminder, the *Here to There* rider is a benefit that provides easy access to out-of-area specialty care. Please refer to your materials for specifics or call HNE at 413-233-3060 for additional information.

HNE's list of Non-hospital Laboratories and Imaging Centers has been updated. A copy can be found on the SVRHT website.

If you get your health insurance through work (SVRHT) and you have diabetes or pre-diabetes, you are eligible for a free REWARDS program that allows you to get your medications/supplies for FREE! If you have been recently diagnosed with diabetes, you may be receiving an informational packet from Abacus, our partner that runs the Good Health Gateway Diabetes Care Rewards Program. You can also call or visit their website for more information.



The Good Health Gateway® Diabetes Care Rewards Program helps members with diabetes and pre-diabetes live their healthiest life.



Members get \$0 copays on covered diabetes medications and supplies when they meet the basic program requirements.

It's easy to get started.  
Simply call or go online  
to register today.

800.643.8028  
GoodHealthGateway.com

 LIVE BETTER

 SAVE MORE

Did you know that you have access to an **employee assistance program** if you are an employee of **East Longmeadow, Longmeadow, HWRSD or LPVEC????** You are invited and encouraged to contact them if you need assistance with all sorts of issues that you may be encountering in both your work and family life.

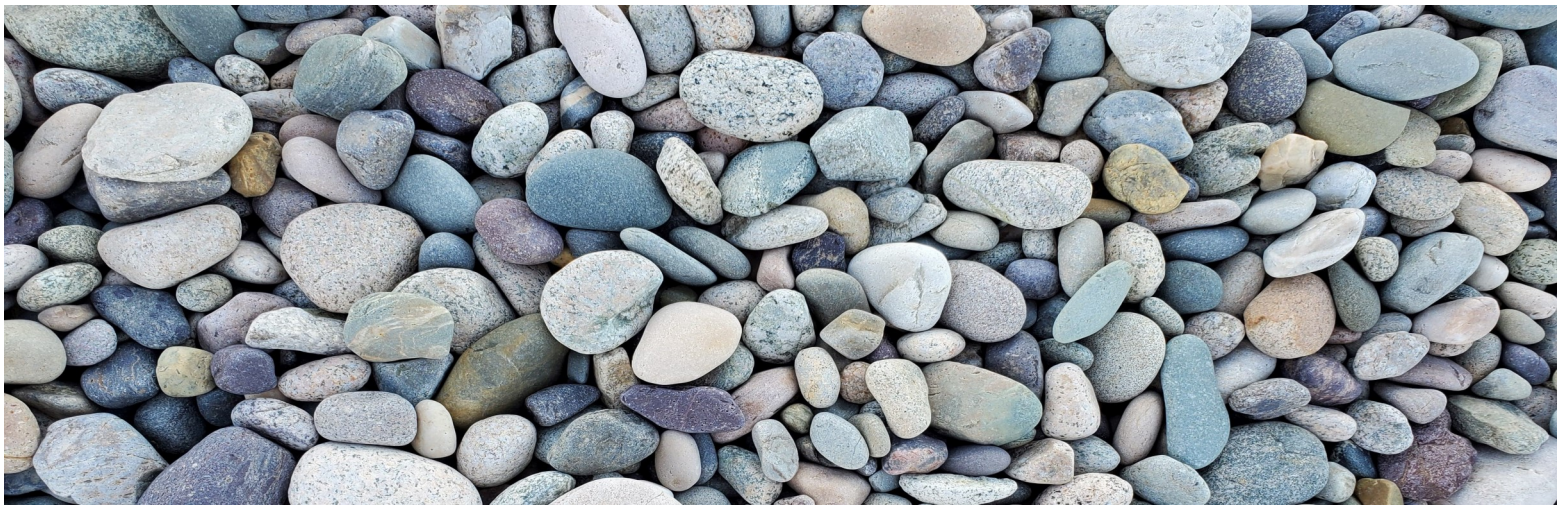
MIIA Employee Assistance Program (**East Longmeadow & Longmeadow employees**): 1-800-451-1834 or <https://allonehealth.com/eap-2/>

ESI Employee Assistance Program (**HWRSD and LPVEC employees**) 800.252.4555 [www.theEAP.com/Educators-EAP](http://www.theEAP.com/Educators-EAP)

Other resources that may be helpful:

The **Disaster Distress Helpline: 1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States.

**Call2talk: call 2-1-1** and select the call2talk option or text to 741741. Call2talk is a support line program run by Mass211. It operates as a confidential support line to support residents through stressful times.



For those (small) summer gatherings...this might be your new dip for veggies!

**Avocado Ranch Dressing** This homemade version has less than one-third the sodium of commercial varieties of ranch dressing.

1 ripe avocado	1 tsp sugar
3/4 cup low-fat cultured buttermilk	1/4 tsp salt
2 T distilled white vinegar	1/4 tsp pepper
1 tsp garlic powder (not garlic salt)	2 T chopped fresh chives (or 2 tsp dried)
1 tsp onion powder	1 T chopped fresh parsley (or 1 tsp dried)

Yield: 1 1/4 cups total; 10 (2T) servings.

**Per serving:** Cal 45, Fat 3 g, Carb 4 g,  
Total sugars 1 g, Sodium 80 mg,  
Potassium 108 mg, Calcium 24 mg

Halve 1 ripe avocado and remove pit. Scoop flesh into a blender. Add buttermilk, vinegar, garlic powder, onion powder, sugar, salt and pepper. Cover and blend until smooth. Transfer dressing to a bowl or jar. Stir in chives & parsley. Dressing will keep (covered) in the refrigerator for up to 2 days or in the freezer for up to 4 months.

Taken from: <https://www.nutritionletter.tufts.edu/healthy-eating/recipes/avocado-ranch-dressing?MailingID=65&st=email&sc=WU20200616->

[HeartBrainDiet&utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=Your+Diet+and+Colorectal+Cancer+Risk&utm\\_campaign=WU20200616-HeartBrainDiet](https://www.nutritionletter.tufts.edu/healthy-eating/recipes/avocado-ranch-dressing?MailingID=65&st=email&sc=WU20200616-HeartBrainDiet&utm_source=ActiveCampaign&utm_medium=email&utm_content=Your+Diet+and+Colorectal+Cancer+Risk&utm_campaign=WU20200616-HeartBrainDiet)

## Summertime Challenge

Hot weather brings the return of the Wellness Program's summertime challenge! This season we highlight the six pillars of wellness, devoting a week to each one, while keeping a focus on physical activity EVERY week. In addition to the physical aspect of health, we will also include other dimensions of health—nutrition, social, mental, environmental and sleep. The challenge will run from July 12 - August 22. The challenge instructions and sheets will be emailed to all employees during the first week of July. Everyone who participates will be entered into a drawing for \$25 gift cards, and a fit bit zip!

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## The ABCDEs of Melanoma

The first five letters of the alphabet are a guide to help you recognize the warning signs of melanoma.

**A is for Asymmetry.** Most melanomas are asymmetrical. If you draw a line through the middle of the lesion, the two halves don't match, so it looks different from a round to oval and symmetrical common mole.

**B is for Border.** Melanoma borders tend to be uneven and may have scalloped or notched edges, while common moles tend to have smoother, more even borders.

**C is for Color.** Multiple colors are a warning sign. While benign moles are usually a single shade of brown, a melanoma may have different shades of brown, tan or black. As it grows, the colors red, white or blue may also appear.

**D is for Diameter or Dark.** While it's ideal to detect a melanoma when it is small, it's a warning sign if a lesion is the size of a pencil eraser (about 6 mm, or ¼ inch in diameter) or larger. Some experts say it is also important to look for any lesion, no matter what size, that is darker than others. Rare, [amelanotic melanomas](#) are colorless.

**E is for Evolving.** Any change in size, shape, color or elevation of a spot on your skin, or any new symptom in it, such as bleeding, itching or crusting, may be a warning sign of melanoma.

If you notice these warning signs, or anything NEW, CHANGING or UNUSUAL on your skin see a dermatologist promptly.

Taken from <https://www.skincancer.org/skin-cancer-information/melanoma/melanoma-warning-signs-and-images/>

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## Wellness Works

Our **Wellness Works** Points Program closed at the end of May, and I am happy to report that participation was great at 197 employees! This program was different than in past years, as it didn't require a biometric screening and it was open to ALL employees, not just those who get their health insurance from work (through SVRHT). SVRHT members earned up to \$100 in a Visa gift card for completing challenges and participating in classes and weight loss programs. Non-members earned chances at winning gift cards, and we had 8 non-member winners!

My plan (before things went haywire in March) was to offer biometric screenings this Sept/Oct for a more comprehensive program. I had hoped to offer the option of a follow-up screening in May for those who took steps to improve their out-of-range numbers. I will continue to be in close contact with HNE and BCBS as they figure out the feasibility of offering biometric screenings. If and when the logistics are ironed out, I can plan the program in more detail.

Whatever the result, there will still be *Wellness Works* in some form!

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