

## 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*

Spring is here, days are warmer and the light lasts longer. What a beautiful time of year here in New England.

May is filled with many national health observances, including Mental Health Month. The message in the Mental Health America toolkit is clear: "If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit

[www.mhascreening.org](http://www.mhascreening.org) to check your symptoms. It's free, confidential, and anonymous. Once you have your results, MHA will give you information and help you find tools and resources to feel better." We need to remember our emotional health as part of our overall wellness.

May is also skin cancer prevention month—a good time to prepare for the upcoming fun in the sun days, by purchasing new bottles of sunblock (get rid of old sunscreen, esp. if it has separated), and use hats, sunglasses, sun-protective clothing and beach umbrellas.

If you are an HNE member participating in the *Wellness Works!* program, please remember to submit your challenge sheets to me by May 15th!

Take good care~

~Lyn

For more information on anything in this newsletter, please contact me at [lyn@scantichealth.org](mailto:lyn@scantichealth.org). You are most welcome to "like" us on FB for health info: <https://www.facebook.com/scanticvalleywellness/>

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*When you discover something that nourishes your soul and brings joy, care enough to make room for it in your life."*

~Jean Shinoda Bolen



Scantic Valley Regional Health Trust

All SVRHT members—if you **activate your mytelemedicine account during the month of May**, you will be entered in a **drawing to receive an Apple Ipad Mini!** Why wait? Register today so it is ready when you need it.

**This program has no fees and is completely free!!!**

**my+elemedicine™**

Doctors can be hard to reach, illnesses can occur in the middle of the night, and sometimes you just have a question. In all of these circumstances—and many more—MyTelemedicine is a convenient and affordable solution. As a member, you now receive access to a national network of U.S. board-certified doctors who are available 24/7/365 to treat many of your medical issues by video, phone or email.

### How does mytelemedicine work???

- > Patient calls 1.800.611.5601 or logs on to their member portal to schedule a consultation with a physician licensed in their state.
- > Member speaks to a Care Coordinator who will triage and update the patient's Electronic Health Record (EHR) along with all symptoms.
- > Member consults with Physician who recommends a treatment plan. If a prescription is necessary, it's sent to the pharmacy of your choice.
- > The doctor will update the member's EHR immediately after the consultation. The patient has 24/7 secure access to their member portal.

### Why use it???

**SAVES TIME** Online doctor visit convenient, immediate and saves time. No long waits to get in to see a doctor and no time off of work.

**EASIER ACCESS** For people who travel, work in rural locations or live in underserved cities, Telehealth can sometimes mean receiving care or not.

**SAVES MONEY** Telehealth reduces costly and unnecessary office visits, urgent care visits and emergency room visits. Online consultations are usually lower than a co-pay.

**MORE OPTIONS** Patients have more options with Telehealth. They can speak to a physician, a pediatrician, or even a behavioral therapist.

### Common Conditions

Cold & Flu Symptoms  
Sinus problems  
Ear Infection  
Allergies  
Urinary Tract Infection  
Nausea  
Pink Eye  
Stomach Viruses  
Infections  
Rashes  
Sore Throat  
Acne  
Recommendations  
Second Opinions and More

### When to Use

When you need care now  
Second opinion on lab results  
Health-related question  
On vacation  
On a business trip  
Away from home  
Thinking about ER or urgent care  
for a non-emergency issue  
Short-term prescription refills  
When you need professional  
guidance

### Activation Process

Call 1-800-611-5601 OR  
Visit [www.mytelemedicine.com](http://www.mytelemedicine.com)  
Click [Activate Now](#)  
Complete all required fields  
Agree to terms and conditions  
Click [Continue Activation](#)  
You will receive a confirmation email  
Click the [Activate Now link](#)  
Create your password  
You're all set!  
You now have access to access to  
doctors 24/7/365!

**It's FAST**

**It's CONVENIENT**

**It's FREE**

**HNE members**—Did you know you can be reimbursed for having a farm share? That's like getting your fruits and vegetables for free! If you're not using your wellness reimbursement for a gym membership, use it for fresh, local food! Green Acres Farm in Wilbraham, Red Fire Farm in Granby and Easy Pickin's Orchard in Enfield are among the participating farms. See [https://www.scantichealth.org/documents/health-insurance/HNE%20Wellnes\\_Reimbursement\\_Form\\_2019.pdf](https://www.scantichealth.org/documents/health-insurance/HNE%20Wellnes_Reimbursement_Form_2019.pdf)

**BCBSMA members**—Starting June 1, routine screening for osteoporosis will expand to include women under 65 who are at increased risk of osteoporosis. The weight loss/fitness benefits will expand coverage as of 7/1/19. See <http://www.scantichealth.org/documents/health-insurance/CY2019%20Benefit%20Changes%20-%20HMO%20Group.pdf>

**ALL SVRHT members** can access doctors 24 hours a day, 7 days a week with MyTelemedicine.com: <http://www.scantichealth.org/health-plans.html>

## Have you Tried CanaRx Yet???

My name is Dick Patullo and I am the Treasurer for the Town of Hampden. With this job, I am also the town's representative to the Scantic Valley Regional Health Trust (SVRHT). All of us on the SVRHT Board try to find ways to save our employees on health care, both in costs of services and insurance premiums.

It was through SVRHT that I learned about the CanaRx prescription service. While it sounded like a good program, I was unsure about changing prescription services. Now that I have tried CanaRx, I am thrilled with their services!

I had a prescription for about a year that was on the CanaRx list, so I had my doctor write a second prescription for a 90 day supply with 2 refills. I simply mailed the prescription form to CanaRx and the prescription arrived in the mail 3 weeks later from England. There is no copay, which saves me money, and the cost to the insurance program is a lot less, which saves all of us in SVRHT money on our premiums.

The folks at CanaRx call when they think it is time to reorder and the medicine shows up in the mail with little effort from me. If you are a SVRHT member and have a regular prescription that is on the CanaRx list, I highly recommend you give it a try! To find out more, please see <http://www.scantichealth.org/prescription-plans.html> or <http://svrhtcanarx.com/>

### Reminder!!

Members of Scantic Valley Regional Health Trust can sign up for the DASH for Health on-line program for **\$25 for a 6 month subscription**; more than 60% off the regular subscription rate, as the Wellness Program will pay the other \$25

**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.** 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. 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.

Please visit our website for lots of helpful information: <http://www.scantichealth.org/>



# Upcoming Classes

## Circuit Training Class

with Francesca Kotomski starting May 1

**Wednesdays, 4:15 - 5:15 PM      5/1, 5/8, 5/15, 5/22, 5/29**

**\$50\* for 5 classes**

This workout will include stretching, cardio and strength training. All equipment is provided—just wear comfortable clothes and good sneakers. Bring water, a positive, enthusiastic attitude and be ready to have some fun!

Pleasant View Senior Center, 328 North Main Street, East Longmeadow

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

## Longmeadow Parks and Recreation Department

Adult Karate starting May 2

Adult Fitness starting May 7

Tai-Chi Yang Style starting May 7

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

## East Longmeadow Recreation Department

Cardio Strength starting May 14

Yoga starting May 16

Please visit <https://elrec.recdesk.com/Community/Home> or call 525-5437 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.**

Discounts for LPRD and ELRD are only for **employees** in the 6 municipalities.

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## **Sautéed Asparagus and Artichokes** Serves 4 - 6

*Simple, easy and healthy...*

- 1 lb. asparagus, trimmed and sliced into thirds
- 1 can artichoke quarters, drained
- 1 bunch scallions, chopped
- 2 tbsp. extra virgin olive oil
- 1 lemon, juiced

Heat oil over medium-high heat. Add scallions and asparagus cooking until tender.

Stir in artichokes and lemon.

Season to taste with salt and pepper.

<https://drannwellness.com/recipes/sauteed-asparagus-and-artichokes/>

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