

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

It is hard for me to comprehend how many people I know who have caught the Omicron variant of Covid-19. Do you know of someone who contracted this virus? Have you? It may seem like it's inevitable, like everyone will catch it; it's just a matter of time. Some may even want to expose themselves to it on purpose. If this thought has crossed your mind, please take a few minutes to read the article below, entitled *Five Reasons You Should not Deliberately Catch Omicron to 'Get it Over With'*:

<https://edition.cnn.com/2022/01/11/health/deliberate-omicron-infection-wellness/index.html>

On the flip side, I do know many others (myself included) who are still Covid-free. How? A combination of vaccines, boosters, a healthy lifestyle, hand-washing, masks, distancing. Let's all do what we can to stop the spread of this insidious virus.

For more info about Covid-19 in MA, please visit:

<https://www.mass.gov/coronavirus-disease-2019-covid-19>

Take good care~

~Lyn

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

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

Visit us on the web! www.scantichealth.org

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Our yearly Maintain Campaign was, once again, very successful! Here are the results:

Maintained	21	30%
Lost	27	38%
Gained	8	12%
Didn't weigh out	14	20%
Total	70	100%

Those who maintained/lost had a choice of raffles and 16 won some very cool prizes! Here are some comments from your co-workers:

"Thanks for running this program, as usual. It really helps with motivation." "These results are awesome! Thank you very much for running this program again." "Love all the great prizes to help continue to motivate our activity and working out!"



Scantic Valley Regional Health Trust



Balancing the demands of work, family and other everyday commitments can be really challenging. If you feel overwhelmed, anxious or blue, check out Learn to Live's proven online resources. They can help you cope so you can enjoy life to its fullest again. You can find this free resource at learntolive.com and use code **SCANTIC**. Also available for family members ages 13 and older at no cost.

If stress and anxiety seem to be overtaking the joy in your life, know that you're not alone. Check out Learn to Live's proven online programs and we'll help you find the balance and calm you deserve. You can find this free resource at learntolive.com and use code **SCANTIC**. Also available for family members ages 13 and older at no cost.

Start by taking care of

YOU

We'll help.  learntolive

For additional resources, check out our live monthly webinars! New topics featured monthly. [Click here](#) to view and register.

Hello from Learn to Live!

Prioritizing balance is one of the best ways we can take care of ourselves. It empowers us to build a healthy mind/body foundation and resist perfection ([we have a webinar on this topic this month - register here](#)). Welcoming this balance into our days lifts unwanted stress and lets us enjoy everyday life to its fullest.

Here are two steps you can take to get moving in a balanced direction:

Take a break. Block out your calendar for 15 minutes each day. Whether that means taking a walk outside, running to grab coffee or even journaling your thoughts. It's crucial to engage in activities that help you feel good inside and out.

Surround yourself with good. Good people, good intentions and good habits are positive energies that are helping you get better. Spend time each day caring for your mind and body.

This month, [enroll](#) or [complete a lesson](#) and earn an entry for an Amazon gift card! All Scantic Valley Regional Health Trust members (and family ages 13+) are eligible.

L2L programs can point you toward ideas for aligning your mind and body so that you can live your fullest life.

Challenge entry details: Sign up anytime between Feb 1 - 28, 2022; 2 entries max per person. Full terms and conditions of the challenge can be found [here](#).

¹ <https://www.minimalismmadesimple.com/home/balance-in-life/>



February is our month of Live Webinars!

ALL EMPLOYEES & retirees are invited to participate in any or all of these free live webinars! SVRHT members (HNE, BCBSMA, Tufts) will receive 10 points for each one viewed. Non-members will receive one raffle ticket for each one viewed. If you cannot join us live, you can earn points/raffle tickets by watching the recording (available for 30 days following the live webinar) and completing a short quiz, which will be available on our website www.scantichealth.org

Food & Mood: You Are What You Eat Inside & Out

Learn about...

- >The link between food and mood, sleep-wake cycles and stress
- >Specific foods that promote sleep, relaxation, and energy levels
- >Red flag behaviors to avoid, to enhance overall mood



Tuesday, February 1, 7:00 - 8:00 PM Register here: [Webinar Registration - Zoom](#)



Luminate your Brain Through Optimal Nutrition

Learn about...

- >Food principles to improve overall brain health, from sensory to sleep
- >Eating for increased brain energy throughout the day
- >Enhancing your mood through food
- >Strategies to improve your sleep cycle

Wednesday, February 9, 4:00 - 5:00 PM Register here: [Webinar Registration - Zoom](#)

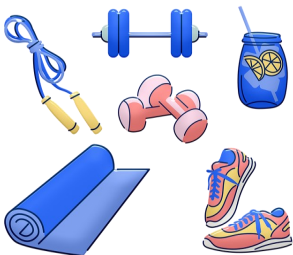
Inflammation Busters: The Key to Disease Prevention

Learn about...

- >What inflammation is and what can cause it
- >What the types of inflammation are
- >How to measure inflammation
- >How food affects inflammation



Thursday, February 17, 5:30 - 6:30 PM Register here: [Webinar Registration - Zoom](#)



Seven Habits for Truly Effective Weight Management

Learn about...

- >Applying simple strategies to cut back on calories and still enjoy your favorite foods
- >Eating more and weighing less
- >Staying fuller longer

Tuesday, February 22, 12 Noon - 1:00 PM Register here: [Webinar Registration - Zoom](#)

Upcoming Class Opportunities

Pilates Classes: New sessions of **Mixed Level Mat Pilates Classes** start **Tuesday, February 8** for 5 weeks. There is 1 opening in the **4:30 PM in-studio class** and 4 openings in the **5:30 PM Zoom/in-studio class**. **PHIIT starts Monday, February 7 for 5 weeks.** Please contact Arice to register, if you have questions and to make payment at arice@coreandmore.net. She is now accepting cash and checks; Venmo payments are limited. Core and More Pilates Studio, 2141 Boston Road, Wilbraham. \$55 for 5 weeks of any session* All mat class participants will have access to a video library for at home practice in addition to weekly sessions. You can mix & match in-person and Zoom classes.

Zoom Yoga: Janine starts another **virtual yoga class on Monday, February 21 from 5:30 - 6:30 PM**. 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. Classes will run for 6 consecutive weeks from **2/21 through 3/28. \$55* for the six-week session.** Please contact me to register.

*Those who attend all classes in a session (1 missed class is acceptable) will receive a \$10 Amazon gift card!

Zoom Pilates Classes: Janet Burke-Allen is offering classes in-person & on-line through Zoom. You can mix and match from the following options: **Wednesdays, 9:00 AM weights/mat class, Thursdays, 3:45 PM mat class (in-studio option)** and **Friday 9:00 AM mat/stability ball class**. 6 classes for \$75 (discount for SVRHT) or 10 classes for \$125 (discount for SVRHT) Payment goes to Janet. Please email Janet for more information and to request the link. If you are interested in attending in-studio classes, please let Janet know ahead of time pilates-centerofwmaass@gmail.com

Big Y Living Well Eating Smart: Virtual Events: <https://www.bigy.com/LivingWell/GetSocial> As always, their 3 dietitians are available for FREE nutrition coaching sessions and you can register there as well.

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**BCBS Member Update:** Blue Cross Blue Shield of Massachusetts is covering the costs of FDA-authorized, rapid, at-home COVID tests for commercial members for the duration of the federal public health emergency, in accordance with the Biden Administration's new guidance, effective Jan. 15, 2022.

In line with the guidance, we will cover up to eight self-administered at-home antigen tests per commercial member per month for personal, diagnostic use, without cost-share and without any need for prior clinical assessment. The coverage is not retroactive and will not apply to any test kit purchases made prior to Jan. 15.

**Starting Jan. 15, eligible members can download the form located on [www.Bluecrossma.org](http://www.Bluecrossma.org), print it out and mail or email it to the addresses listed on the form. Members should save copies of their receipts, which may be requested at a later time.**

Blue Cross is creating a national preferred pharmacy network that will initially include over 20,000 retail pharmacies. In the near future, when the network is up and running, Blue Cross members will be able to go to a preferred pharmacy, such as CVS or Walmart, and obtain certain authorized tests for \$0. For members who buy different tests or tests outside this preferred pharmacy network, Blue Cross will reimburse up to \$12 per test (\$24 for a box of two). Temporarily, until the network of preferred retail pharmacies is active, Blue Cross will reimburse for the full cost of any FDA-authorized, self-administered test bought at any retailer that typically sells COVID tests.

We will provide more information via our website in coming days. In the meantime, if you purchase an at-home test kit on or after Jan. 15, please save copies of your receipts, download the above form and submit it, or make a claim online via our new system next month.

Blue Cross continues to cover FDA-authorized COVID diagnostic tests, such as PCR tests, with no cost share for any member when ordered or administered by a health care provider following an individualized clinical assessment. This applies to all commercial and Medicare members.

The health of our members is our priority, as always. We are working to implement this new coverage for over the counter at-home COVID tests as quickly and simply as possible. We expect our processes to continue to evolve.