

## 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* April is here! Hopefully the longer, warmer days and the sunshine brightens your mood and benefits your well-being. Even though many classes continue to be virtual, opportunities abound for outdoor activities! The trails are free of ice, less muddy and are ready to be hiked; some days are warm enough for a bike ride; I've seen folks enjoying the tennis courts and countless people walking (with or without dogs), running, having picnics and firing up the grill. Oh, the possibilities after a long, socially-distanced winter...what are you going to do with these longer, warmer days? Go to our Facebook page and snap a selfie of your springtime jaunts! I would love to see them. Let's make it a challenge! **Post a pic during the month of April** doing some appropriately-distanced outdoor activities for a chance at some raffle prizes - a beach towel or an insulated lunch bag, courtesy of HNE! The link is below!

Happy Spring~

~Lyn

For more information on anything in this newsletter, please contact me at [lyn@scantichealth.org](mailto: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](http://www.scantichealth.org)

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### April is Cancer Control Month

The choices you make about diet, exercise, and other habits can affect your overall health as well as your risk for developing cancer and other serious diseases.

#### Healthy Lifestyle Choices for Men and Women

1. Stay away from tobacco.
  - >There is no safe form of tobacco.
2. Get to and stay at a healthy weight.
  - >Being overweight/obese can increase your risk of many types of cancer.
3. Get moving.
  - >Get at least 150-300 minutes of moderate-intensity physical activity or 75-150 minutes of vigorous-intensity activity per week.
4. Eat healthy.
  - >Follow a healthy eating pattern that includes plenty of fruits, vegetables, and whole grains, and limits or avoids red and processed meats, sugary drinks, and highly processed foods.
5. It's best not to drink alcohol.
  - >If you do drink, have no more than 1 drink per day for women or 2 per day for men.

Taken from <https://www.cancer.org/healthy/find-cancer-early/screening-recommendations-by-age.html>



Scantic Valley Regional Health Trust

According to WellRight, a company devoted to employee wellness, mental health has become an unfortunate casualty during the pandemic. In fact, the U.S. Centers for Disease Control estimates that more than **40% of Americans now struggle with mental health issues** as a result. The SVRHT Wellness Program is committed to providing our members with access to mental health help in a way that respects your privacy, your schedule, and your means. **Here it is:**

Feeling stressed, sleepless, anxious or discouraged?  
*We're here to help.*

#### You're not alone

One in two people will experience issues with stress, anxiety, insomnia or mild depression during their lifetime—and Scantic Valley Regional Health Trust wants you to have the resources you need during this challenging pandemic. We are offering a **new, free online support program** from Learn to Live to members and their families, age 13 and older during this difficult time.

#### How Learn to Live can help

Learn to Live's programs for stress, anxiety & worry, depression, insomnia, substance use and social anxiety offer effective tools to help you understand how your mind works and change your behavior patterns - to help you live your best life. And it's available when you need it - you have access to the programs 24/7. Based on over 10 years of clinical studies, Learn to Live programs and clinical assessments are based on the proven principles of Cognitive Behavioral Therapy (CBT).

**Private and Confidential** Learn to Live member information is completely confidential, HIPAA compliant and will never be shared with Scantic Valley Regional Health Trust or your employer.

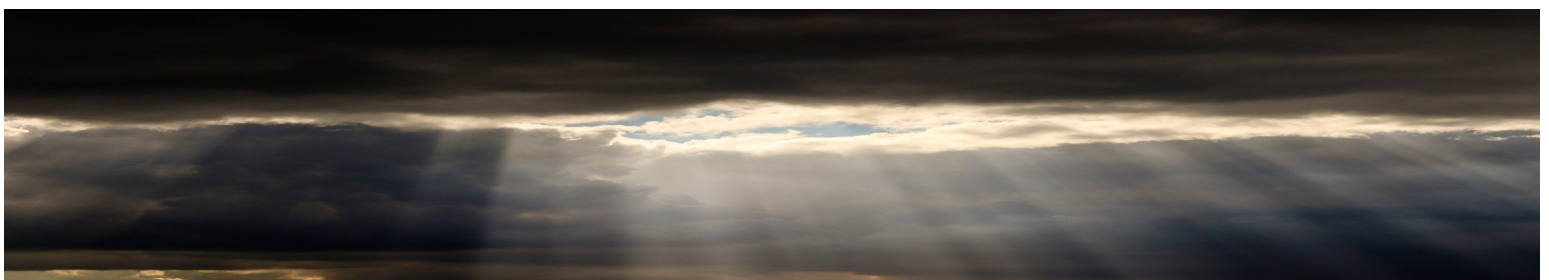


#### Learn to Live benefits:

- > Immediate 24/7 access to self-paced programs
- > Ability to start, stop and save your progress
- > No cost to you (or your family)
- > As effective as in-person therapy
- > Coaching available (phone, email, text)

Program and access code will be available to all SVRHT members (employees getting health insurance through work) and their family members (ages 13+) on 5/1/2021.

© 2021 Learn to Live, Inc. Learn to Live, Inc. is an independent company offering online cognitive behavioral therapy programs and services.



**Everyone** is invited to join in on our **Spring Webinar Series**  
**Tune in live and you will be entered into a drawing for a wellness prize!**

**Anxiety during Unprecedented Times**

Wednesday, April 28, 7 - 8 PM (Indoor Grill)

**Depression during Challenging Times**

Friday, April 30, Noon - 1:00 PM (Personal Creations Blender)

**Solutions for Stress Management**

Monday, May 3, 6:30 - 7:30 PM (Ninja Express Chopper)

**Isolation & Loneliness**

Thursday, May 6, 6:30 - 7:30 PM (Immersion Blender)

**Goal Setting & Reaching Resolutions**

Tuesday, May 11, 8 - 8:20 PM (Water Filtration Pitcher)

**Interactive Meditation 101**

Friday, May 14, 4:40 - 5:00 PM (Exercise Ball)

**Resiliency**

Thursday, May 20, 7:00 - 8:00 PM (3-Piece Resistance Band Set)

**Women's Health: from Life Balance to Hormone Balance**

Wednesday, May 26, 7 - 8 PM (3-in-1 Resistance Band Kit)

A link to register for each live webinar will be emailed to you. **All webinars will also earn you points/raffle tickets in the Wellness Works program!** You will be able to view recorded webinars for 30 days after the live event.

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**HNE Member Update:** The **Wellness Reimbursement** submission deadline for 2020 wellness activities has been extended to April 30, 2021. You must complete and submit the reimbursement form which you can find here:

[http://www.scantichealth.org/documents/health-insurance/HNE%20Wellnes\\_Reimbursement\\_Form\\_2019.pdf](http://www.scantichealth.org/documents/health-insurance/HNE%20Wellnes_Reimbursement_Form_2019.pdf)

As of July 1, 2021, **acupuncture visits** will have a \$20 co-pay (12 visits/year). Reminder: **Nutritional Counseling** is 100% covered for fully funded HMO plan members. (Maximum 4 visits per plan year).

**BCBS Member Update:** Register for the **MyBlue App** to receive paperless communications. The MyBlue Member App gives members instant access to their personal health care information; a simple tap connects them to their doctor, recent prescriptions, and claims history. We've launched a Go Paperless campaign, for members who have a medical, dental, or Medex® plan, and haven't already selected a communication preference. This does not apply to Medicare Advantage members. Starting in February 2021, these members will receive a postcard and email (for members who have provided an email) saying that they'll no longer receive claim summary statements (Summary of Health Plan Payments, Explanation of Benefits, and Dental Predetermination of Benefits) in the mail unless they take action. They'll be prompted to:

Sign in to MyBlue, and go to Communication Preferences.

Choose email or text to choose to go paperless, and receive a notification when they have a statement ready to view on MyBlue.

Choose paper if they want to continue receiving their statements in the mail.

If members don't select a preference, they'll receive a postcard in the mail when they have a statement to view on MyBlue.

## Upcoming Classes from East Longmeadow Rec Department

All benefit-eligible employees of East Longmeadow, Longmeadow, HWRSD, Hampden, Wilbraham, & LPVEC will get a 40% Wellness Program discount for adult fitness classes through East Longmeadow Recreation Department. To register and receive discount, please call 413-525-5400 ext. 1301 or email [donna.prather@eastlongmeadowma.gov](mailto:donna.prather@eastlongmeadowma.gov). Full descriptions of each class can be found at the East Long Recreation Portal <https://www.eastlongmeadowma.gov/DocumentCenter/View/10935/Spring-2021-Brochure>. **All classes are through Zoom except Outdoor Yoga.**

**Barre** is a fusion of Pilates, dance, yoga and functional training that will lift, tone and sculpt as well as define and strengthen your core muscles. **Mondays, April 5 - June 21 (no 5/31) 5:45 p.m. - 6:30 p.m. \$70**

This functionally, fun **Core Strength class** provides a complete workout that will help tone and reshape your body. **Thursdays, April 8 - June 24 6:00 p.m. - 6:45 p.m. Cost: \$76**

This gentle, yet invigorating **Full Body Refresh** class, is a great way to start the week. We combine gentle stretches and fluid movements that both relax and rejuvenate you. **Mondays, April 5 - June 21 (no 5/31) 8:00 a.m. - 8:45 a.m. \$70**

**High Interval Training** is a great way to increase your endurance and can increase aerobic capacity in just two days of training. **Wednesdays April 7 - June 23 7:45 a.m. - 8:30 a.m. \$76**

**Pilates** includes exercises which focus on the core muscles which include the abs, back, glutes and shoulders. **Tuesdays April 6 - June 22 6:00 p.m. - 6:45 p.m. \$76**

Get the endorphins flowing in **Tighten and Tone**. **Wednesdays April 7 - June 23 5:45 p.m. - 6:30 p.m. \$76**

Our **yoga class** will test your mind and body as you gain greater balance, strength and peace in a supportive environment. **Saturdays April 10 - June 19 8:00 a.m. - 9:00 a.m. \$35 Senior Discount: \$30**

Test your heart and muscles while having fun together with our certified instructors in **Outdoor Yoga!** **Wednesdays May 5 - May 26 7:00 a.m. - 8:00 a.m. \$20 Senior Discount: \$15 Location: Pine Knoll Recreation Area**

**Zoom Yoga with Janine** Start your week with a 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 'll 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. Our last session of the year runs **Mondays, April 12<sup>th</sup> - May 17<sup>th</sup> from 5:00 - 6:15 PM for \$55**. If you attend 5 - 6 classes in the session, you will receive a voucher for a \$10 gift card at a variety of retailers. Please contact Lyn to register.

**Zoom Pilates Classes** Janet Burke-Allen, one of our Pilates instructors, is offering classes on-line through Zoom. You will need to download the free Zoom app. You can mix and match from the following options: **Monday, 9:00 AM mat class, Wednesdays, 9:00 AM weights/stability ball class, Thursdays, 3:45 PM mat/stability ball class** 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 [pilatescenterofwesternma@gmail.com](mailto:pilatescenterofwesternma@gmail.com) for more information and to request the link.

**Zoom Pilates Offer for HEROES!"** The Pilates Studio in South Hadley has offered all employees a discounted membership to their online Pilates classes! **For \$50/month**, you can access all of their **live-streaming classes** (approximately 25/week) plus all of their **recorded classes** (about 350 classes at 3 different levels, based on your experience). You also have the option of **\$30/month** for unlimited recorded classes! AND...**the first month is FREE!** For more information and to register, click here [The Pilates Studio Heroes Membership](#).

Big Y Living Well Eating Smart Virtual Events! <https://www.bigy.com/LivingWell/GetSocial>