

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

March is here, which means the end of winter (technically anyway), flower shows, and changing the clocks. It also gets us in gear to de-clutter our space with spring cleaning, tag sales, and donating unused items. It's nice to get a fresh start when the weather gets milder. It also allows us to take our workouts outside.

Remember *Walking Works*? The team challenge that many of you looked forward to every spring? BCBS has replaced it with another option from Virgin Pulse called Healthy Together. It is open to **all employees** starting in April. It is a virtual hike of the Appalachian Trail. Please see page 3 for more information and how to enroll.

Finally, I'd like to thank everyone for your patience (and your well-wishes) if you called or emailed me over the past few weeks or attended a screening where I was absent. My personal journey dealing with a health issue reminded me about the importance of preventive screenings, self-advocacy, nutrition, self-care and staying well. More about that on page 3.

Hope to see you on the trail~ ~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/>

INSIDE THIS ISSUE:

Coordinator's Corner/meFIT results	1
Diabetes Alert Day	2
HNE/BCBS updates	2
Employee Benefits Fairs	2
DASH for Health.com	3
My recent journey	3
Healthy Together Appalachian Trail Challenge	3
Classes	4

Eight committed women completed our 2nd meFIT training program at Healthtrax from October-December 2018. On average, each person:

- lost 5.4 lbs. of fat mass (2.6% fat body loss)
 - gained 1% lean muscle mass
 - saw a BMI loss of 0.6 per person
 - increased their metabolic rate by 19 calories
- They enjoyed the camaraderie, the trainers and the workouts. Great job!



DIABETES ALERT DAY

ALERT! DAY

Did you know...

90% of people with pre-diabetes *don't know they have it.*

Pre-diabetes *can lead to Type 2 diabetes* and its many health complications.

March 26, 2019 is the American Diabetes Association "Diabetes Alert Day"

Know your risk and take the Type 2 Diabetes Risk Test at:

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/> or

<http://www.scantichealth.org/documents/wellness/risktest.pdf>

If you, your spouse, or your child is on the Scantic Valley Regional Health Trust health plan and has pre-diabetes or diabetes, **join the Good Health Gateway® Diabetes Care Rewards Program.**

The program provides support to those living with pre-diabetes/diabetes as well as \$0 copay for diabetes medication and diabetes supplies for completing the 5 diabetes care activities.

Take advantage of this free program - visit us online www.GoodHealthGateway.com or call 800.643.8028 to speak to a HelpLine Advocate.

HNE members—Your fitness reimbursement has increased to \$200 per individual plan and \$400 per family plan as of January 1, 2019.

Medicare HMO Blue members:—Your weight loss/fitness benefits have expanded coverage as of 1/1/19 (see <http://www.scantichealth.org/documents/health-insurance/CY2019%20Benefit%20Changes%20-%20HMO%20Group.pdf> for more information).

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

UPCOMING EMPLOYEE BENEFITS/HEALTH FAIRS!!!

Friday, March 15 1:30 - 4:00 PM Minnechaug Cafeteria

for all Hampden/HWRSD/Wilbraham employees and retirees

Wednesday, April 24 Noon - 4:30 PM Longmeadow Community House

for all Longmeadow town and school employees

Thursday, April 25 1:00 - 4:00 PM Birchland Park Middle School Gym

for all East Longmeadow town and school employees

Benefit information from various health and other insurance plans **Local health and wellness vendors**

Representatives will be available to answer your questions Raffles and helpful information

Please visit our website: <http://www.scantichealth.org/>

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.

Surgery, snow-storm, surgery, stitches. That was how I spent one of my February weeks. The second surgery was needed due to the pathology results of the first—melanoma in situ—meaning, yes, it is cancer, we didn't get it all, yet it is so early it hasn't spread past the epidermis. WOW—that is a lot to digest. It is also a testament to knowing your body and being your own advocate. Of course, this makes me want to reinforce my yearly message of wearing sunscreen and taking other measures to protect yourself from the sun's harmful rays. Perhaps more important is the role you take in your own health and well-being.

Despite years of dermatology visits, none ever resulted in a biopsy of a spot that I had under my eye which was more unsightly than anything. I asked about it and I was given a prescription for a cream to lighten it, which didn't work. More people commented on it (thinking I had a black eye), so I thought maybe it was getting darker, maybe it was a little bigger. I made an appointment and specifically asked that a biopsy be done, which revealed the presence of "abnormal" cells. A week after the surgery consult, the spot was removed.

Knowing your body, having regular screenings and keeping your doctor visits all contribute to being an active participant in your health. Specialty physicians

may be experts in their field, yet you are the expert of your body. When something doesn't feel right, speak up. If you need help to do that, take someone with you to help communicate your needs to the doctor. This is also extremely helpful to understand what the doctor says to you—having a family member or friend to write down instructions or information that you may not be understanding at that moment. Some of what I was hearing was not registering in my brain, and it was good to have someone with me.

Finally, the role of good nutrition—yes, I have to go there ;) A week after the second surgery, I was told that I was a "great healer." I was determined to heal well (it is a 2-inch wound right on my *face*), so I fueled myself with foods high in vitamin C, zinc and antioxidants before, during and after the surgery. I believe that my intake of berries, oranges, apples, kale, salads, green tea, beans, legumes and water helped with my healing process. The rest is listening to the doctor to limit activities for 3-4 weeks...that is much tougher, but like all the other self-care activities we engage in, is important, and will be worth it in the end.

Be Social. Get Fit. Have Fun!

Get a team together and participate in our spring challenge! BCBSMA partnered with Virgin Pulse to bring us this new **ahealthyme** program called **healthytogether**. Our challenge is to (virtually) hike the Appalachian Trail from end to end, unlocking pit stops and survival tips along the way. There are team and individual leaderboards, team and company-wide chats, short-term steps challenges and healthy habit challenges.

The challenge runs from April 29 through May 27. If you are a BCBS member, you may register on ahealthyme starting on April 22 by clicking on the **healthytogether** challenge banner in the slider at the top of the homepage. **IF YOU ARE NOT A BCBS MEMBER, YOU MUST CONTACT ME TO GET A NON-MEMBER PIN IN ORDER TO REGISTER.**

If you are participating in *Wellness Works!*, you will earn 25 points for participation. All employees who participate will be entered into a raffle for fit bit zip pedometers!

Upcoming Classes

Yoga with Holly Pastrana starting March 14

Thursdays, 4:15 - 5:15 PM 3/14, 3/21, 3/29, 4/4, 4/11, 4/18

This class is geared for beginners, yet all are welcome to enjoy this practice which will include a bit of guided meditation, movement and rest.

\$72* for 6 classes Yoga on Main Street 388 Main Street, Wilbraham

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. There are 2 openings:

Mondays, 4:30 - 5:20 3/18, 3/25, 4/1, 4/8, 4/15

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 March 5 Tai-Chi Yang Style starting March 5

Zumba for Adults starting March 11

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

East Longmeadow Recreation Department

Cardio Strength starting March 18 Yoga starting March 18 and March 20

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

~~~~~

\*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.**