

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

I've been seeing lots of "good riddance 2020" messages as most of us look forward to better things in the New Year. I was going to start with "we made it" through, however many have not and I want to honor that. If you have lost someone in the past year, my hope is that you have another who can hold that sorrow with you, to be there in any way possible, to share the load.

Maybe you've heard of the *Covid-15*, referring to the fact that many of us have gained weight while being cooped up these past 9 months. If weight gain was not on your to-do list this past year, remember that many things were out of our control and that we did what we could do to manage. If a few extra pounds is the way you exited 2020, I'd say that this is your battle scar and nothing to be ashamed about. If you are looking for options to get back on track, we have some ideas—the Mediterranean Weight Loss Program starts January 4 and costs only \$49 for the 10-week program—information is on our website. I am currently working on other ways that the Wellness Program can assist with your weight loss efforts that support our mantra of *lifestyle changes* rather than *diets*. Stay tuned...

This newsletter will now come out monthly in order to keep you up-to-date with everything that is happening!

May 2020 be filled with peace and light~

~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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Scantic Valley Regional Health Trust

The Diabetes Rewards Program from Abacus is running a registration incentive in January for all eligible SVRHT members. If you have diabetes or pre-diabetes and are not yet enrolled in this beneficial program, you will receive **an A1c kit** when you register for the Diabetes Reward Program. New members have until April to complete the A1c test. AND...if you become adherent between January and April, you will also earn an additional **\$100 gift card!** Wow...seems like a win-win!! Please visit <https://www.goodhealthgateway.com/Account/Login.aspx?ReturnUrl=%2f> and select **Scantic Valley Regional Health Trust Diabetes Care Rewards** under the "Please Select Program" tab.

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What do *Born to Run*, Saturday Night Live, "Love Will Keep us Together" and Ali beating Fraser in the "Thriller in Manila" match all have in common? They all happened in 1975! What is significant about this? Well, if you were born in 1975, it's time for your first colonoscopy! The recommendation has recently been changed from 50 years to 45 years. To make it a little easier on you, **the SVRHT Wellness Program is extending our \$100 gift card to those of you who are between 45 - 49 when you have your first colonoscopy!** This was originally started to reimburse you for the co-pay. Now, most insurance companies cover the full cost, so this \$100 really is a gift :)

...new data suggests that screening earlier could save even more lives, said task force member Dr. Michael Barry, director of the Informed Medical Decisions Program in the Health Decision Sciences Center at Massachusetts General Hospital in Boston. "We have epidemiologic data that the risks of colorectal cancer are increasing before age 50, particularly in that 45- to 49-year-old age group," Barry said.

...This guideline covers people at average risk for colon cancer, Barry said. People with factors that put them at higher risk -- for example, a strong family history of colon cancer -- might need to start screening even earlier, and should discuss it with their doctor. Colon cancer almost always develops from precancerous polyps that form in the colon or rectum. These screening tests detect the presence of these polyps, so they can be removed before they turn into cancer.

...The bad news is that even now people who should get screened are not, Barry and Smith said. "People do not routinely start screening at the age of 50," Smith said. "Usually the average age is in the mid-50s. That means during this period of rising incidence we are missing an opportunity to prevent colorectal cancer and detect it early." "It looks like about 25% of eligible Americans have not been screened for colorectal cancer," Barry said. "That will lead to some colorectal cancer deaths that could be prevented, and that's always a tragedy."

Excerpts taken from <https://www.usnews.com/news/health-news/articles/2020-10-27/colon-cancer-screening-should-start-at-age-45-task-force>, retrieved 12/29/20.

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Health New England is offering a **"Where Your Health Matters" live webinar series** to educate, engage and empower our community during the pandemic. This six-part series starts in January & runs through March and consists of 45-minute, bi-weekly Zoom webinars. Guest speakers will be discussing topics of immunity through nutrition, mindfulness, managing emotions and more. The lineup of speakers and topics is below. Attend one webinar or the entire series. Register at healthnewengland.org/Health-Webinars **This is available to ALL EMPLOYEES. You do NOT have to be an HNE member!** Sessions will be recorded for future access on youtube.com/HealthNewEngland.

Week 1: January 13, 2021 **Where Health Consciousness Matters** with Dr. Joel Bennett

Week 2: January 27, 2021 **Where Socialization Matters** with Anita Ridolfo, MA

Week 3: February 10, 2021 **Where Healthy Habits Matter** with Sandra Schrock, PhD

Week 4: February 24, 2021 **Where Conscious Activity Matters** with Mike Harris, BS, MS

Week 5: March 10, 2021 **Where Caregivers Matter** with Kirsten Wright-Cirit, BA, Certified Health & Wellness Coach

Week 6: March 24, 2021 **Where Food & Immunity Matter** with Nancy Dell, MS, RDN, LDN, CDE



DID YOU KNOW...SVRHT Members have direct access from **CanaRx** to certain brand name medications at **NO COST** to you? And they will be delivered by mail right to your doorstep? It is a voluntary, international prescription drug program that is available to eligible employees, non-Medicare eligible retirees, and their dependents, enrolled in the HMO or PPO plans with the Scantic Valley Regional Health Trust. The HNE MedWrap plan is also eligible for this program. Here are answers to some FAQs:

How can these medications be offered at a zero copay? The substantial savings opportunities that the CanaRx mail order programs provide are due to the fact that in the countries (Canada, the United Kingdom, and Australia) where CanaRx assists individuals in shopping, prevailing prices are substantially lower for the same drugs than they are in the United States. CanaRx works with government-licensed pharmacies to supply brand name medications, packaged and sealed by the original manufacturer, for delivery to all participants. This lower cost for medications allows CanaRx to offer this program at a zero copay to the participant.

Where do these medications come from? All medications are sourced from Tier One countries as designated by Congress for safety purposes. Tier One countries are deemed by the U.S. government to have equivalent or greater safety and licensing regulations as the United States. CanaRx ensures that all medications are packaged by the manufacturer, distributed by government-regulated wholesalers, prescribed by practicing physicians, labeled and dispensed by licensed local pharmacists and delivered directly to the patient. In addition, CanaRx professionals regularly inspect all licensed pharmacies to ensure that safety standards and regulations are met.

Will the CanaRx program replace our current prescription benefit plan? No. CanaRx is a voluntary program that can only be used for select brand name medications listed on the CanaRx formulary. You will need to use your current prescription benefit plan for medications not listed on the formulary, such as generic medications, controlled substances and antibiotics.

Do I have to use CanaRx for all of my Brand Name medications? No, but if your medication is available through CanaRx, the copay savings could be substantial. At any time you can revert back to purchasing your medications at your local pharmacy or mail order provider.

How do I enroll? To enroll, please submit a completed enrollment form, a new prescription for each medication, and a copy of your photo identification. To avoid a possible delay, it is recommended that you first inquire with one of our representatives for confirmation on whether the medication is available. A 3-month prescription with 3 refills should be requested from your physician, and a 30-day prescription for local filling to ensure your continued course of therapy during your enrollment period. Enrollment forms can be faxed, uploaded to our secure site, or mailed to CanaRx. Photo identification can be uploaded to our secure site, emailed, or mailed. Prescriptions can be mailed, or sent by fax directly from your physician's office.

Do I need to call CanaRx for refills? CanaRx maintains a calling schedule for all of our customers. When your refills are due, CanaRx will attempt to reach you by phone three times. If unsuccessful, a letter will be issued as a reminder for you to contact us.

How long is the process? Once all of correspondence is received and registration is confirmed, it takes 3-5 business days to process internally. Your order is then sent to the international pharmacy for dispensing. Please allow 4 weeks for delivery of your package.

Your medication may be on the list of available medications; please visit the SVRHTCanaRx.com website to find out!

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As a winner of the HNE *Well Worth It Award*, we have been gifted access to four WebMD ONE Portal wellness challenges! All SVRHT Health New England members are invited and encouraged to participate. February's topic will be financial well-being; *Mental Health is Overall Health* will be offered in March; the *Invitational Team Walking Challenge* will be in May/June and a physical activity challenge will take place in the summer. Be on the lookout for more information in the weeks to come!

## Upcoming Classes

### Zoom Gentle Yoga Class

Start your week with a gentle yoga class that includes stretching, balancing, movement and relaxation for every-body. Mondays 5:00 - 6:15 PM, starting **January 4** for 6 weeks (1/4, 1/11, 1/25, 2/1, 2/8, 2/22) for \$55. Those who attend **5 - 6 sessions** receive a certificate for a \$10 gift card at various retailers! Please contact me to register.

### Mixed-Level Pilates Mat Class (Zoom)

This mat class welcomes all levels of exercisers. This class frequently uses props such as fitness balls, bands, circles, and rollers to enhance exercise benefits. It is developed to provide well-rounded exercises that include core recruitment, arm and leg work, stretching, balance, and coordination. **Tuesdays, starting January 5th, 5:30 – 6:20 PM By Zoom** (You do not need props for the Zoom class) **Five weeks: January 5, 12, 19, 26, Feb 2 for \$55** (discount for SVRHT). Those who attend **4 - 5 sessions** receive a certificate for a \$10 gift card at various retailers! Please email to [arice@coreandmore.net](mailto:arice@coreandmore.net) if interested. She will send you the Zoom link. Payment goes to Arice. You may pay by check or Venmo.

### 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: **Wednesdays, 3:45 PM strength class** and **Thursdays, 3:45 PM mat/stability ball class**. 6 classes for \$75 (discount for SVRHT) 10 classes for \$125 (discount for SVRHT) Payment goes to Janet. Please email [pilatescenterofwmass@gmail.com](mailto:pilatescenterofwmass@gmail.com) for more information.

## Virtual Classes from East Longmeadow Recreation Department

### Morning Classes

#### Full Body Refresh

Mondays 1/11/21 – 3/22/21  
8:00 – 8:45 AM

#### High Interval Training

Wednesdays 1/13/21 – 3/24/21  
7:45 – 8:30 AM

#### Yoga

Saturdays 1/16/21 – 3/27/21  
9:00 – 10:00 AM



### Evening Classes

#### Barre Class

Mondays 1/11/21 – 3/22/21  
5:45 – 6:30 PM

#### Pilates Class

Tuesdays 1/12/21 – 3/23/21  
6:00 – 6:45 PM

#### Tighten and Tone

Wednesdays 1/13/21 – 3/24/21  
5:45 – 6:30 PM

#### Core Strength

Thursdays 1/14/21 – 3/25/21  
6:00 – 6:45 PM

All benefit-eligible employees of East Longmeadow, Longmeadow, HWRSD, Hampden, Wilbraham, & LPVEC will get a 40% Wellness Program discount. Visit <https://elrec.recdesk.com/Community/Program> for a description of programs To register and receive discount, please call 413-525-5400 ext. 1301 or email [donna.prather@eastlongmeadowma.gov](mailto:donna.prather@eastlongmeadowma.gov).