



HNE Wellness Works! Programming for 2021/2022

Challenges are on your **Healthy Directions** account. You will earn points for completion of any of the **Movement and Nourishment challenges**.

You will also earn points for completion of any of the following **Balance challenges**:
 SMART Health Goal Setting
 StressLess
 Life in Balance
 Building a Budget

You will earn points for completion of any of the **Daily Habits** programs on WebMD.

Webinars TBD

Weight loss program descriptions and materials can be found at www.scantichealth.org

October '21	November '21	December '21	January '22
Oct 1: Enroll in HFF weight loss program or Blue Zones Plan Take depression screening @ National Depression Screening Day Mental Health America (mhanational.org) Take a class Complete the Mission Possible challenge! Complete a challenge/Daily Habit	Enroll in Blue Zones Quit tobacco (Great American Smoke-out 11/18) Weigh-in for Maintain Campaign (earn pts at weigh-out) Join Diabetes Reward Program if you have diabetes or pre-diabetes Take a class Complete the Gratitude challenge!	Enroll in Blue Zones Get your flu vaccine Take a class Complete the No Snoozing challenge Complete a challenge Complete a Daily Habit	Jan 1: Enroll in HFF weight loss program Enroll in Blue Zones Weigh-out for Maintain Campaign! Donate blood Complete the Dry Challenge Take a class Complete a challenge Complete a Daily Habit
February '22	March '22	April '22	May '22
Enroll in Blue Zones Take a class Complete the Bad Fat challenge! Complete a challenge Complete a Daily Habit	Enroll in Blue Zones Complete Feed your Microbiome challenge Take a class Complete a challenge Complete a Daily Habit	Enroll in Blue Zones Volunteer! Take the Accept It challenge Take a class Complete a challenge Complete a Daily Habit	Enroll in Blue Zones Complete the Enjoy Life challenge! Complete a challenge Complete a Daily Habit

This opportunity is open to HNE Subscribers and Spouses through your employer via Scantic Valley Regional Health Trust.

Earn ten (10) points for completion of the health assessment and each challenge/class/program/habit named on this calendar. Each can be completed only once. Total of 200 points maximum for the year (October 1, 2021 – May 31, 2022). Each point is worth \$1.00. Points will be totaled (up to 200) in June 2022 and a gift card/certificate will be awarded.

Health Assessment can be found at <https://www.webmdhealth.com/hne/> & **challenges** can be found at <https://healthnewengland.org/wellness>

Classes include any offered through the Wellness Program (Pilates, yoga, etc.) and any fitness class through Park and Rec Departments.

Contact Lyn Fioravanti, your wellness coordinator, with any questions: lyn@scantichealth.org, lyn.fioravanti@eastlongmeadowma.gov or 413.896.9080