

Wellness Works Coordinators' Bulletin

June 2017

Providing your wellness committee
with updates and relevant health
information!

Highlights from this Month's Bulletin:



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active!

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June is Men's Health Month

Raising Awareness and Encouraging Treatment

Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. The purpose of focusing on men's health during the month of June is to increase awareness of preventable health issues and encourage early detection and treatment of disease among men and boys.

Check out the Men's Health Network website at www.menshealthnetwork.org for free resources to share with the men on your staff.



Put the Fun in Fitness

Everyone needs daily physical activity to stay healthy. It's recommended that adults get at least 150 minutes of moderate-intensity exercise a week and more if you're trying to lose weight. Kids should get at least 60 minutes of active play a day. Here are a few strategies to get your family moving and having fun without realizing it is even exercise.

- ◆ Set a good example: When you're active, your family is likely to follow in your footsteps.
- ◆ Turn off the TV. Limit screen time to less than two hours a day.
- ◆ Start a healthy family tradition. Take a walk every evening after dinner or hold a free-throw tournament on Saturday afternoons.
- ◆ Give active gifts. On birthdays, give gifts that encourage active play such as jump ropes, tennis rackets, soccer balls or in-line skates.
- ◆ Play in the dirt. Maintain a flower or vegetable garden and ask the entire family to help with its care.
- ◆ Take family game night outside. Play kickball, tag or capture the flag in the backyard.
- ◆ Log activity hours. Post an "activity chart" on the refrigerator and offer small rewards for meeting goals.
- ◆ Put children in charge. Let the kids choose a Saturday afternoon activity. You may end up jumping in the leaves or swinging at the playground.
- ◆ Go for the gold. Sign up for a charity walk or run and then train for it together.
- ◆ Start a chore chart. Assign active chores such as raking leaves, gardening or vacuuming.
- ◆ And don't forget to play safe! Always use the proper safety equipment, such as bicycle helmets or soccer shin guards, when participating in sports.



The weather is getting warmer and spring fever is in the air, now is a great time to start getting the family moving with fun activities outside

Reference: www.livestrong.com



Tech Detox

There's not an app for that. With the inundation of technology and fast paced demands, we have forgotten what face to face interaction is because our heads are looking at our computer and phone screens. We have forgotten to stop and look at the beauty around us. The Tech Detox class will discuss the positives of taking a break from technology and practice being "present".

To schedule this class at your worksite contact Danielle Yale at 1-800-452-8786 or via email at dyale@memun.org!



Get to Know Your Benefits

Are you aware of what benefits your employees have under the Maine Municipal Employees Health Trust? Many of us aren't until we need them, but we should be!

Our wellness program recently heard from an employee that the Health Trust should consider covering nutritional counseling. We were thrilled to let them know that all of our plans **DO** cover visits to in-network dieticians and encouraged them to contact the Member Service Representatives (1-800-852-8300) to confirm the benefit details. This simple suggestion got us thinking though...what else might our employees have access to, but just not know about?

Each plan is a little bit different, but it may be a great idea to meet with your Benefits Manager or discuss with a Field Service Representative what other preventative benefits you could be promoting to employees through the Wellness Program.



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