



# WELLNESS WORKS

## *around the state*

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SPRING 2009

### Healthcare & Healthcare Quality Share Your Thoughts at [www.mhmc.info](http://www.mhmc.info)

The Maine Municipal Employees Health Trust is a member of the **Maine Health Management Coalition (MHMC)**, a non-profit group with more than 60 members statewide. Members include physician groups, hospitals, health plans, and employers who work together to improve the value of healthcare in the State of Maine.

You can make a big difference in about 5 minutes by participating in this year's Annual "Consumer Healthcare Opinion Survey" at [www.mhmc.info](http://www.mhmc.info). When you complete the survey, you help us understand important issues about healthcare and healthcare quality in Maine.

Join the over 11,000 Maine people who have participated in this survey since 2005. Visit [www.mhmc.info](http://www.mhmc.info) before April 30, 2009 and click on the link on the bottom left: "Take the 2009 Consumer Healthcare Opinion Survey." The survey is quick and completely anonymous.

Attitudes are contagious. Is yours worth catching?

~ Dennis and Wendy Mannering



### Give the Gift of Life

Did you know that one person that decides to donate their organs and tissue can save or improve the lives of up to 50 people? Talk about a gift that keeps on giving! Many think that organ donation is solely intended to provide vital organs like the heart, liver or kidneys to patients in need, but organ donation has really transformed in recent years to include some other important areas. Donors can now give corneas to restore vision, bone and connective tissue to replace bones, pancreatic cells that can improve or cure diabetes, skin for severe burn victims, and veins and tissue used in heart bypass or other surgeries.

Anyone, regardless of age or medical history, can be a donor. Make sure your family knows your wishes if you want to be a donor, and state your intentions on your driver's license and your living will. If you want to find out more about organ donation, check out [www.organdonor.gov](http://www.organdonor.gov).

### Blueprint for Men's Health

*A Guide to a Healthy Lifestyle*

We are pleased to announce that we have a booklet available entitled "Blueprint for Men's Health." This 70+ page book discusses the main health issues that men face today. Each chapter focuses on a single condition or group of related conditions affecting men, including factors that increase health risks, symptoms that should not be ignored, and practical, easy-to-follow prevention strategies. To order this *free* booklet, contact Amanda Collins at 1-800-452-8786 extension 2283 or via e-mail at [acollins@memun.org](mailto:acollins@memun.org).

### Spring 2009

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