



Virtual Wellness Activities

All at Your Convenience Whether You Are
at Home or on the Go

Dear Municipal Employees,

The MIIA Wellness Team is pleased to share with you a month's full of free activities, including live ZOOM wellness classes. Please see program descriptions below with registration information for each class.

We hope this selection of wellness classes and activities will bring both some ease and energy to your lives in this difficult time.

Warm regards,

The MIIA Wellness Team

*To join by Zoom, you will need a device with camera and microphone. We recommend you test it out by clicking the Zoom link in advance.

Encore! 30 Minute Meals for Busy People

Thursday, February 23, 2023, 4:00-4:45 pm

Gabby McDonough, Registered Dietitian, is back with more kitchen secrets for fast, healthy meals that can be ready in 15-30 minutes!

Healthy eating starts at home and with advance planning, can be quick, delicious and good for you and your family. All of the tasty, easy-to-prepare recipes will be shared with participants.

[Register here.](#)

Living With Chronic Pain: A Mind Body Approach

Thursday, March 2, 2023, 4:00-5:00 pm

Do you feel controlled, depressed, or overwhelmed by your pain? Does your pain stop you from being able to do things you want to do at home, work or with your family? Pain is something we have. It is not who we are. Ilen Slawsby, PhD, Director of Pain Services at Benson-Henry Institute, MGH, will provide you with the skills and tools needed to get ahead of your pain so you can get back to doing the things you want to do. Whether you have arthritis, chronic back pain, or headaches, this program will teach you ways to mitigate the stress reactivity caused by pain. Participants will learn ways to reduce the intensity, duration, and interference in daily life from pain using various mind-body strategies.

[Register here.](#)

Tap into National Nutrition Month: Fuel for the Future

Thursday, March 30, 2023, 4:30-5:15 pm

Fueling for the Future means making informed food choices that promote longevity and overall well being. Eating a variety of foods ensures you are consuming nutrients that combat free radicals which can help prevent chronic health problems later in life. Join Gabby McDonough, Registered Dietitian, to learn how to combine ingredients that result in nutritious meals that you can make any night of the week! Participants will receive recipes presented during the presentation.

[Register here.](#)

Eating Outside

Thursday, April 27, 2023, 4:30-5:00 pm

With warmer weather among us, our urge to be outside and moving grows stronger! Be prepared with on the go foods that are easy to pack, eat, and are nutritious. Gabby McDonough, Registered Dietitian, will share with you the foods you will want stocked in your pantry and how to combine them so that you'll never go hungry while adventuring outdoors. Participants will receive a list of suggestions included during the workshop.

[Register here.](#)

MIIA Wellness Videos Are at MIIAWinners.org

Enjoy unlimited, on-demand access to recorded wellness video content including fitness/exercise, nutrition, weight management, self-care, and more on an easy access portal. All you have to do is click on the below link and follow the directions to view the full library of over 150 wellness videos anywhere, anytime. [Click here](#) for instructions.

Stay Healthy and Fit with the Below Strength Classes Available On-Demand with Certified Fitness Instructor, Linda Ubertini

45-Minutes: Total Body Strength (Body-weight exercises)

Get a full body strength workout using just you and your body weight. Join Certified Fitness Instructor, Linda Ubertini, for this energizing and effective class. Class includes a warm-up, followed by a series of total body strength exercises leaving you feeling strong, fit, and educated about bodyweight strength workouts. No equipment is necessary. Appropriate for all levels, modification provided.

30-Minutes: Stretch & Strength

Have fun moving while improving your strength, balance, and flexibility. This is a low-impact class designed for both beginners and avid exercisers who are ready to jump-start their fitness program. Class includes light stretching, balance exercises to improve core strength, and bodyweight strength exercises to improve overall strength and fitness. Appropriate for all fitness levels. A hand/kitchen-sized towel and a yoga mat are recommended.

All New Morning and Evening Flow Yoga Classes

Evening Flow Yoga

Unwind from your day with this slow-moving and relaxing evening Yoga flow. In just 20-minutes, this calming practice will put your body at ease, and release stress. Certified Yoga Teacher, Jen Faldetta will lead you through gentle stretches, and deep breathing to prepare your body for a restful night of sleep. A yoga mat or towel is recommended. No additional equipment is required. Appropriate for all fitness levels.

Morning Flow Yoga Class

Start your day off right with a 15 minute morning Yoga Flow class! Join certified Yoga instructor Katie Guyer as she helps you awaken your mind and muscles. This class will help reduce muscle stiffness and improve your focus and concentration. No equipment necessary other than a yoga mat or towel. Suitable for all fitness levels.

TEN MINUTE Fitness Classes

Do you want to exercise but feel you are always short on time? Research shows that just 10-minutes of moderate activity improves heart health and overall fitness, decreases stress, provides more restorative sleep, and improves cognitive focus. Classes are appropriate for all fitness levels; no equipment is required. Mat is recommended.

Ten-Minute Cardio: Join certified fitness instructor Paul Connolly as he leads you through a fun and effective cardio workout. This total body cardio class is low-impact but still elevates your heart rate to give you cardiovascular exercise benefits. The class includes a warm-up, cool down and cardio exercises with active recovery periods. No equipment is required. Appropriate for all fitness levels.

Ten-Minute Abs: Join certified fitness instructor Katie O'Connell as she works through abdominal exercises to strengthen your core. Most exercises will be performed on the ground and lying on your back. A mat is recommended but not required; no other equipment is necessary. Appropriate for all fitness levels.

Ten-Minute Upper Body: Build strength and tone the arms, chest, and back with certified fitness instructor, Kim Crowley. All exercises can be done seated or standing.

Ten-Minute Lower Body: Strengthen and stretch your legs, glutes, and core with certified fitness instructor Linda Ubertini.

Log in or create a MIIAWinners account to view these 10-minute workouts that allow you to get in, move, and get back to your day!

These Programs and Resources are Available to You 24/7

Headspace — MIIA has partnered with Headspace to bring mindfulness content and support to you. MIIA Blue Cross subscribers have complete access to the premium Headspace library for free. Primary subscribers + 2 friends or family members may join. [Click here](#) to join Headspace.

EX Program — a free digital tobacco cessation program built by Truth Initiative in collaboration with the Mayo Clinic Nicotine Dependence Center. [Visit now](#) to get started! [Learn More](#). *Only available to those on a MIIA/BCBS health plan.

Good Health Gateway® Diabetes Care Rewards Program — You and your dependents are eligible to participate if you are enrolled in a MIIA Health Benefits Trust sponsored health plan and have pre-diabetes or any type of diabetes. This program helps you lead a healthier life through effective management of your condition. And, when you meet the program requirements, you will receive your diabetes medications and supplies for \$0 copays. [Learn More](#).

Learn to Live — provides free and confidential online programs for individuals and their family members (ages 13 or older) who are experiencing stress, anxiety & worry, depression, social anxiety, substance use, and insomnia. To get started, visit [Learn to Live](#) and enter the code: MIIA. All may participate regardless of health plan membership.

Quizzify helps you become a wiser health care consumer, save money and improve your health! Every month we will send you a 10-question quiz about healthcare, health and lifestyle. Monthly drawings! All you have to do is play 3 months in a row...and you too can win. All may play, but only those on MIIA/BCBS health plans are eligible for gift cards. [Login or Register](#) to play today! [Learn More](#).

Ompractice — Don't forget our super platform for taking free LIVE ONLINE yoga and meditation classes from home! New classes: Pilates, iRest Yoga Nidra, Tai Chi and Qigong. All employees, and their immediate families, who work for municipal groups in the MIIA Health Benefits Trust are eligible. [Learn More](#). Sign up [here](#).

MIIA AllOneHealth EAP is a confidential 24/7 counseling and referral service for help with problems large and small. Open to all employees and household members. Common work/family issues include couples counseling, parent/child issues, elder care resources, financial or legal concerns, and much more.

The EAP helps managers with professional issues too, such as conflicts between co-workers, difficulties in supervision/management, dealing with difficult employees, building stronger teams, and improving communication. Call the toll-free number **800-451-1834** or [visit the website](#).

Wellness Phone Coaching can help you create personalized strategies for a healthier lifestyle. Topics include improving self-esteem, developing resilience, losing weight, maintaining weight loss, tobacco cessation, enhancing relationships and more. Our professionally trained coaches provide free 1-on-1 telephone coaching (maximum of 10 coaching calls per year). Open to all MIIA/BCBS members.

[Learn more](#).

Free Meditation Resources

During difficult times stress on the mind and body is inevitable. Meditation can be helpful in managing stress, anxiety and a variety of medical conditions. Carve out a little time each day for a guided meditation using any of the links below.

[Tara Brach Meditations](#)

[Benson-Henry Institute](#)

[Self-Compassion Guided Meditations and Exercises](#)

Free Virtual Fitness Resources for all employees and their families regardless of health plan membership [click here](#).

Free Mental Health Resources for Employees and Their Family Members for all regardless of health plan membership [click here](#).

February is American Heart Month

Heart disease is one of the most widespread and complicated health challenges in the United States and around the world. According to the [American Heart Association](#) cardiovascular disease claimed more than 860,000 deaths in the United States in 2017. Also, more women die from heart disease than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease is the cause of one out of every three deaths. That's roughly one death each minute. See [February Is American Heart Month](#) and [Women and Heart Disease](#) to reduce your risk of heart disease.