



City of Malden Wellness Program

All City employees covered by Harvard Pilgrim Health Care insurance are invited to participate in the wellness program from August 6th, 2020 through June 30th, 2021. Simply take part to earn points toward the \$500 incentive.

To get started, log into your wellness account or create one by visiting www.harvardpilgrim.org/wellnessaccount. If you have any questions, there is contact information for our email and phone help line on the last page.

How do I earn points?

Earn up to \$500 to be deposited to your Health Reimbursement Account (HRA) Benny card, which can be used to pay for out-of-pocket medical and dental expenses. You may choose which activities work best for you to earn points. Options include:

Habit Builder Biometric Activities	Points Available
<p>For these activities, you will need to log into the online wellness portal and track each activity 5 times over the course of the program year:</p> <ul style="list-style-type: none"> • Are You Actually Hungry? * • Find a New Exercise Routine* • Snacks for Better Sleep* 	<p>100 points each activity/\$100 deposited for each activity</p>
Online Activities	Points Available
<ul style="list-style-type: none"> • Complete the Well-Being Assessment • Put it on sleep mode* • Get up and Get Moving* • Smart Snacking* • Recipe – Lunch in a jar* • What are your stress triggers? * • Soda Swap* • What Makes You Awesome? * • Five Things People Who Live the Longest Do* • Pantry Step 1 – Ditch the Junk! * • Your Heart Health Matters* • Reach for Fitness* • Go on a Daytime Adventure* • Attest to receiving an annual physical - 50 • Attest to receiving an annual eye exam • Attest to receiving a flu shot • Attest to receiving a teeth cleaning (2 per year) <p>*See Activity Descriptions for details</p>	<p>50 points each activity/\$50 deposited for each activity</p>

How will you earn your \$500? It's easy:

Funds will be deposited monthly and available in \$100 increments. If you earned 250 points by the end of the month, funds in the amount of \$200 would be deposited the following month. Unused HRA funds roll over to the next plan year for all active employees. Retirees are not eligible for the Wellness Program; therefore, any funds remaining on your Benny card will only be available through the last day of employment. You can visit the online store at www.fsastore.com to buy eligible items using your remaining HRA funds.



City of Malden Wellness Program

Activity Descriptions

Get Up and Get Moving: To complete this, watch the video and answer quiz.

Did you know that even short walks can be beneficial to your health and well-being? Watch this video and learn the benefits of moving more throughout the day. After the 1:03 minute video, answer 2 out of 3 questions correctly to earn your points for this activity. Want some more inspiration? Read [8 Tips to Increase Your Walking](#).

Smart Snacking: To complete this challenge, choose healthy snacks on at least **4** separate days throughout the program. Contrary to its reputation, snacking isn't bad. In fact, choosing healthy snacks can sustain energy, stabilize blood sugar and reduce unhealthy cravings. The key is to reach for what not only tastes good but is also good for you. Do this at least four times to complete this activity.

Recipe- Lunch in a Jar: To complete this, watch the recipe demo.

Tired of your same old lunch routine? Watch the 0:41 video and get inspired to create your own colorful and nutritious lunch! This is an easy way to use up leftovers you may have, and even make your lunches a few days in advance. There are infinite ways to mix and match ingredients so experiment and find your favorite. You can get [this recipe here](#)

What Are Your Stress Triggers? To complete this, write down your stress triggers.

A stress "trigger" is when a person, location or event immediately sends stress signals to your body, causing you to stress out. These stress triggers are important to recognize and identify - the better you understand your triggers, the better equipped you'll be to manage your stress and anxiety.

Stress can cause physical and emotional reactions like sweating, headaches, stomachaches, nausea, panic, anger and many other responses. Stress triggers can be things like:

- your physical environment like lighting, noises, smells or colors
- people or groups of people
- events both planned or unexpected, positive or negative
- fears or things out of our control
- workplace events like workload, new job or new boss

Soda Swap: To complete this activity, swap your soda for water on **5** days throughout the program. According to the Centers for Disease Control, sugar-sweetened beverages like soda are associated with obesity, Type 2 Diabetes, heart disease, kidney disease, non-alcoholic liver damage, tooth decay, cavities, and gout. Water is the best choice over both regular and diet soda. So, kick your soda habit for 5 days and see how your body feels.

What Makes You Awesome? Use a notebook, journal, sticky note or even a paper napkin to write down your good qualities or characteristics. Your good qualities can be things like personality traits, characteristics, or behaviors. It may be the words that another person uses to describe who you are, or it could be the qualities you've been working on developing in your life. Simply jot down the phrases or adjectives that you feel suit you best.

Put it on sleep mode: To complete this challenge, **power down 30 minutes before bed** on at least **2** separate days.

Our electronic devices are fun and useful, but their light-emitting screens suppress sleep-inducing melatonin - and that makes it hard to get a good night's sleep. Three times a week, power down your electronics at least 30 minutes before bed and start a new bedtime routine.

You're not alone if you're on your phone at bedtime - many people use electronics within the hour before bed. A few days a week, try giving your device a rest so that you can rest. Powering down allows your mind to relax — that's when melatonin kicks in and makes you sleepy.

A good technique to help you achieve a device-free night is to leave your phone on the other side of the room, so you're not tempted to reach for it from bed. If your mind is racing, jot your thoughts in a notebook. If you need something to help you wind down, thumb through a magazine, read a book or listen to calming music.

Five Things People Who Live the Longest Do: To complete this activity, watch the video and answer a few quiz questions. In the so-called Blue Zones of the world, where communities of people tend to live well into their 90s and 100s, commonalities were found to be contributing factors to their long and healthy lives. Watch this 1:03 video and learn more. Answer 2 out of 3 questions correctly to earn your points for this activity. Read *How to Live to Be 100* for more ideas about this topic.

Pantry Step 1 – Ditch the Junk! Healthy eating starts with the food you've got on hand. So, set aside an hour, turn on some music and prepare those shelves for healthy meals ahead! Clear your pantry of packaged, highly processed foods so that you won't be tempted to use them in your next meal. Not sure what to toss? Read below to learn more. When it comes to cleaning the pantry, here's what to toss:

- Anything past its expiration date
- Highly processed items (chips, cookies, crackers and soda)
- Anything that falls into the “box mix” category
- Foods with trans fats, artificial food coloring, artificial sweeteners or high-fructose corn syrup (check those labels)
- Low-cal drink mix (you're better off with water)

Your Heart Health Matters: Do you know what it means to have a healthy heart? Learn more about healthy heart habits, like visiting your primary-care physician and getting a check-up. Other important healthy heart habits include eating right, exercising, getting your cholesterol levels checked and monitoring your blood pressure. Use this activity to talk to your family or friends about healthy heart habits and encourage others to get more physical activity and make healthy food choices every day. Read more about heart-disease and prevention below.

Coronary heart disease (CHD) is the most common cause of death of adults in the United States, so understanding your risk of developing heart disease is important. CHD is when fatty, waxy plaque builds up inside the lining of the arteries, causing narrowing or blockages within the arteries. This buildup is called atherosclerosis, and it can weaken the heart, cause pain and can lead to blood clots, stroke or heart attack.

What can you do to monitor your heart health and prevent heart disease? Visiting your doctor on a regular basis is the best way to learn more about your risk for heart disease. Your doctor can do a blood test, which measures cholesterol levels, triglycerides and blood-sugar levels — all of which can be indicators of heart disease and help measure your potential risk of developing heart disease.

Think about lifestyle changes you can make to support a healthy heart. Your doctor can help make lifestyle recommendations, like quitting smoking, losing weight, being more physically active, making healthy food choices and possibly taking medication. Use the below resource links to learn more about heart health.

Reach for Fitness: Being able to identify specific goals is a great way to know where you are, where you want to go and recognize when you've hit milestones. Is your goal something like weight loss, muscle gain, core strength or endurance training? You might have other fitness goals like running a 5k, starting a new activity like golf or preventing injury. Whatever your fitness goals, write down at least one specific goal to help you visualize your target.

Go on a Daytime Adventure: Are your weekends filled with obligations or chores? Are you looking for a fun, nearby escape to break up your routine? A short-day trip may be just the trick to get you out of the house and exploring a new location. For this challenge, invite your friends or family for a nearby excursion. Take the opportunity to visit a new place, get out in nature, visit an historical site or just have a picnic somewhere new. Your day trip excursion may depend on the season, so make sure to plan and have fun! Read below for more tips about this activity. Before you hop on the road, do some planning to ensure a fun adventure.

Habit Builder Biometric Activities

(100 points each)

Are You Actually Hungry? – Attest to avoiding giving into cravings on at least 5 separate days over the course of the activity.

Being mindful is the best first step to conquering cravings. Why are you craving something? Are you hungry or just bored? Do your cravings usually strike at this time of day? When was the last time you ate?

So, the next time a craving comes on, think about why it's nagging you — and don't act on it for 20 minutes. If you're bored, take a walk or call a friend. Grab a glass of water and add a squeeze of lemon for flavor. And if you're truly hungry (as in, it's been 3-4 hours since you ate), then reach for a healthy snack, like sliced fruit or vegetables.

Find a New Exercise Routine – Exercise at least 5 times over the course of the activity

Can't go to the gym? Not exercising like you used to. Your new routine of staying at home may make you feel like you're sitting around more. But now more than ever you need to find new ways of moving your body. Exercise can help your body feel better, but it can also help your mind feel better, too. Physical activity can help manage feelings of stress and anxiety, lead to better sleep and may even help change your eating habits. Think of ways you can safely start a new exercise routine today. There are plenty of ways you can move your body, even if you feel stuck indoors. You may not be able to do exactly what you used to do, but that's no excuse from finding a new routine.

Snacks for Better Sleep – Smart snack before bed if you are hungry at least 5 times throughout the course of the activity.

Even if you've had a filling dinner, you may still be hungry before bed. But what you eat right before bed could be interrupting your sleep. For this activity, if you are hungry before bed and need a snack, eat the right type of foods to promote good sleep. Read more about the right foods to snack on before bed. Some bedtime snacks can interrupt your sleep, and if you already know the foods that trigger sleeplessness, be sure to avoid them. Alcohol or caffeine are known sleep interrupters, and so are foods high in sodium. Foods high in fat (like French fries, burgers or pizza) can lead to indigestion and heartburn, so it's best to avoid them as well.

Who do I contact if I have questions?

Program questions, how to access the site, etc.
Harvard Pilgrim Wellness Services

PHONE: 877-594-7183

EMAIL: hpwellness@harvardpilgrim.org

To identify available funds on your (HRA) Benny card
Cafeteria Plan Advisors

781-848-9848

info@cpa125.com