



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 2nd, 2021, through June 30th, 2022. 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

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 10 times over the course of the program year:</p> <ul style="list-style-type: none"> • Hungry? Have a Glass of Water*? • Exercise to Relieve Stress* • Turn Off Electronic Devices Before Sleep* 	100 points each activity/\$100 deposited for each activity
Online Activities	
<ul style="list-style-type: none"> • Complete the Well-Being Assessment • Want to Live Longer? Get Enough Sleep* • Define and Achieve Your Goals* • Avoid Added Sugar* • Get to Know Your Portion Sizes* • Cultivate Your Green Thumb* • Ditch Prepared and Processed Foods* • Believe in Yourself* • Exhale Your Worries* • 5 Ways to Make Goals Stick* • Exercise for Disease Prevention* • Recipe – Sheet Pan Dinner* • A New 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>	50 points each activity/\$50 deposited for each activity

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.

Who do I contact if I have questions?

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

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

PHONE: 877-594-7183

781-848-9848

EMAIL: hpswellness@harvardpilgrim.org

info@cpa125.com

City of Malden Wellness Program Activity Descriptions

Habit Builder Biometric Activities:

Hungry? Have a Glass of Water - Does your mind crave salty snacks or sweet treats, even when you've just eaten? Unhealthy snacking can lead to unwanted weight gain, not to mention too much added salt, sugar, or caffeine. Next time you get that feeling of false hunger, reach for a glass of water. Sometimes the mind confuses thirst for hunger, and a glass of water will help fill you up and keep you hydrated, which is exactly what you need to keep your energy levels high during the day. Do this a total of 10 times.

Exercise to Relieve Stress - Physical activity, like exercise, can be a great remedy to relieve feelings of stress, worry or anxiety. Any type of exercise can help alleviate both the physical feelings of stress as well as the feelings of stress. Exercise and moving your body help regulate your breathing, gets your blood and circulatory system moving and can contribute to good digestive health — all of which can be negatively affected by stress. At least 10 different days when you feel stress, try moving your body.

Turn Off Electronic Devices Before Sleep - Are you having trouble falling asleep at night? It could be because you are using your electronic devices, like your phone, television, or computer, too close to when you go to sleep. Lit screens on these devices affect melatonin, which is the chemical in our brains that helps us sleep. For better sleep, turn off your electronic devices at least 30 minutes before trying to fall asleep.

Online Activities:

Want to Live Longer? Get Enough Sleep- Watch a Video and Answer Questions

You've probably heard that getting a good night's sleep is good for your health, but do you know why? This video will help clarify how much sleep you should be getting, and help you better understand the many benefits of sleep. After the 1:02 video, correctly answer 2 out of 3 questions to earn your points. For more information on sleep, read 10 Tips for Getting Enough Sleep.

Define and Achieve Your Goals – Attest to thinking about your SMART goals

Looking to increase your focus and productivity at work? Start by identifying a couple of specific goals you want to accomplish each week and plan to get them done. For this activity, follow the SMART goal-setting plan below, and commit to checking them off your to-do list.

Without a strategic plan for reaching your goals, you're more likely to fail. So, break your big, lofty projects into smaller tasks with actionable steps. Then, aim to hit specific goals — no more than two at the same time — each week so you can stay focused and on track. And here is a suggestion: use the SMART approach.

Steps to help you succeed:

- **Specific:** Write down a descriptive statement of the purpose of your goals.
- **Measurable:** How would you measure your success? Think in terms of numbers (e.g., Did you hit your goal of selling five pairs of shoes this week?).
- **Achievable:** Make sure you set realistic expectations given the time and available resources.
- **Relevant:** Knowing what you're trying to accomplish, focus on the tasks that would move the needle forward each week.
- **Time-bound:** Set specific timelines or intervals for completing the work.

Avoid Added Sugar – Attest to avoiding foods with added sugar at least 3 times

It's fun to indulge by eating sweets now and then, like when celebrating a special occasion. But a daily habit of desserts, pastries, snack bars and sweetened beverages can fill you up with empty calories that lack much nutritional value. For this challenge, avoid foods and drinks with added sugars on at least 3 days.

Added sugar can be found in beverages like soft drinks, energy drinks, fruit beverages, coffee, tea, and alcohol. Choose water or drinks with no added sugar like unsweetened tea, black coffee, or vegetable juice. Another common source of added sugars are snacks like pastries, breads, baked goods, and other sweets such as ice cream, cookies, or candy. If you need a snack in between meals, choose fresh fruits, vegetables, nuts, or seeds. Even some processed savory foods, like canned vegetables, sauces and salad dressings can be packed with added sugars.

Added sugars are different from the sugars naturally found in fruit or dairy products. The sugar found in whole fruits and milk doesn't count toward your daily limit; these foods have nutritional benefits that are important to your diet.

Get to Know Your Portion Sizes – Watch a Video and Answer Questions

If your goal is healthy eating habits, then understanding portion sizes is important. Food sizes have become larger and larger, making it difficult to eat the "correct" portion size for you. This video will give you tips and tricks for visualizing the right portion size for you. After the 1:33 video answer 2 out of 3 questions correctly to earn your points. This handy guide will help you visualize portion sizes no matter if you're eating at home or not.

Cultivate Your Green Thumb – Attest to spending time at an outdoor garden area 3 times

A garden can give you more than greenery or homegrown herbs and vegetables. Connecting with nature is a great way to reduce stress, and planting a garden is a great way to exercise your body, too. Studies show that gardening can improve your physical health, emotional and mental health through relaxation, satisfaction, and better nutrition. Commit to working in your garden at least three times this season. Read below for more information about how to get started.

Before you get started, keep these gardening tips in mind:

Space: Select your plants before you design your garden so that you know you have enough space for them as they grow. Even small spaces can take advantage of vertical gardens or containers.

Location: Check your plants' requirements for sunlight, shade and water, and plant them in the appropriate locations. For watering ease, you may want to group plants together.

Soil: Use contaminant-free soil so your plants grow strong and healthy

Seeding dates: Many herbs, fruits and vegetable plants are seasonal, which means you need to plant them in the right month

Protection: When gardening, be sure to protect your body with sunscreen, bug spray, long pants and sleeves, hat, and gardening gloves. Be sure to stay hydrated as well.

Injury prevention: Physical activity, like gardening, requires proper precautions and lifting techniques so that you stay safe and healthy. Make sure you lift with your legs, use a wheelbarrow or cart for heavy objects, protect your knees with a pad and consider hiring experts if you feel that your project may lead to injury.

Tools: Use caution when operating power tools, and use tools with long handles to avoid back injuries

Ditch Prepared and Processed Foods – Attest to eating whole foods over processed foods on 3 days

Although processed and pre-packaged foods offer convenience, the actual processing of a food often removes important nutrients and adds unhealthy (and unwanted) extras like sugar, salt, additives, and artificial ingredients. To complete this challenge, take two days' worth of meals (breakfast, lunch, dinner, and snacks), and swap your heavily processed foods for whole foods. Need inspiration? Read below for more information to help you with this challenge.

If the word “processed”, has you confused at the grocery store, you're not alone. When it comes to food, processed means any method of changing or altering the food from its original form. A processed food could range from minimally processed (like chopped vegetables or peanut butter) to heavily processed (like corn chips or a candy bar). Most experts agree that minimally processed foods, especially ones that have good nutritional value and have no additives, are still part of a healthy diet. It's the heavily processed foods that should be omitted for this challenge, as they don't add quality nutrients to your body.

Whole foods include:

- Fruits
- Vegetables
- Whole grains like buckwheat, oats, quinoa, and wild rice
- Peas, beans, lentils, and legumes
- Seafood
- Minimally processed meats (not deli or preserved meats)
- Eggs
- Some dairy products
- Seeds, nuts, and some dried fruits

Tips for success:

- Read food labels
- Frozen and canned are OK, but check for added sodium or sugar
- Don't buy fried foods
- Cook more meals at home
- Prepare foods in advance for grab-and-go options
- Turn to recipes for inspiration and ideas

Believe in Yourself – Attest to reminding yourself of your good qualities on at least 3 different days

Do you ever find yourself being overly critical of things you have done or said? Instead of speaking badly about yourself or focusing on what you did wrong, reframe the negative internal conversation, and focus on the positive. You might find it helpful to write down the negative words and then rewrite your criticism using positive and productive words. Remind yourself of your good qualities and strengths and appreciate who you are.

Exercise Regime to Blow off Steam – Exercise to manage a stressful day/situation at least three times

Stress can wear you out physically and emotionally and neglecting your health in moments like this can make things even worse. But here's the good news: moving your body is a quick remedy to the effects of stress and can help relax your mind. To better manage stress, try exercising and moving your body at least three times.

When you're stressed out you may feel low energy and less inclined to exercise, opting for the sofa over heading to the gym. But moving your body, even with a walk around the block, can help reduce your feelings of stress. Find an exercise that works for you during moments of stress. A walk with a friend, a run with your dog or an exercise class can all do the trick. Even non-traditional exercise like working in the garden can help, and so can going out dancing. Next time you feel stress or anxiety peaking, try moving your body.

5 Ways to Make Goals Stick – Watch a Video and Answer Questions

Everyone faces obstacles when working towards their goals. Watch this video and learn more about strategies to overcome common challenges and make your goals stick. Answer 2 out of 3 questions correctly to earn your points for this activity.

Exercise for Disease Prevention – Watch a Video and Answer Questions

Everyone faces obstacles when working towards their goals. Watch this video and learn more about strategies to overcome common challenges and make your goals stick. Answer 2 out of 3 questions correctly to earn your points for this activity.

A New Adventure – Attest to planning an adventure to a place you've never been before

Travel isn't just fun, it's good for you! Participating in new physical and mental activities while traveling to new places can boost your cognitive and cardiovascular health. So, for this challenge, use your vacation days and go somewhere you've never been.

Thinking about postponing your next trip? Don't. Project: Time Off research shows that Americans say they love the idea of taking vacation — but many never do it. However, postponing time off can affect your health. The Global Coalition on Aging found that individuals who used their vacation more often were less likely to develop heart disease or have a heart attack. For more information about the benefits of travel as you age, please read the below resource links.

Did you know?

Exploring new places allows you to gain new experiences, replenish your body and relax your mind. Travel helps you shake off the stress and anxiety, ultimately improving your physical and mental health.

Resources:

- Project Time Off
- The Physical, Cognitive and Social Benefits of Travel (Global Coalition on Aging, PDF)

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