13 Ways to Stay Healthy and Earn Rewards in 2019-20

- Have fun! Earn rewards! Improve health!
- September 1, 2019 – June 30, 2020
- Earn up to $150 in gift cards by completing activities by June 30, 2020
- Deadline to redeem points: July 31, 2020
- Go to ahealthyme.com/login to register and redeem points. Register anytime during the program year. Deadline to redeem earned points: July 31, 2020

Who may participate and earn incentive rewards in Well Power Year 3?

All Town of Littleton employees and spouses on a Littleton MIIA/BCBSMA plan may participate in any of the MIIA-sponsored on-site, online and telephonic programs. There is no limit to the number of programs a participant may take, but the maximum amount of Well Power points that may be redeemed is 150.

You are eligible to earn incentives if:
- You are an employee on the Littleton MIIA/BCBSMA health plan.
- You are a spouse on the Littleton MIIA/BCBSMA health plan.

Programs will be scheduled throughout the year. We will email all the details about how to register. Unless otherwise noted, dates, times, locations and registration deadlines will be promoted via email.
EARLY FALL

Circuit Training – 8 weeks on Thursdays from September 19 – November 7 at 4:00 – 5:00 pm

This cross-training class combines easy to follow moves for cardiorespiratory health, resistance exercises for muscle health, and stretching for flexibility and balance. By using intervals of strength and cardio training, you’ll improve your flexibility, agility, strength and endurance. Every exercise will have a modification making it suitable for all levels! Attend 6 out of the 8 sessions and receive 25 points.

Yoga Meditation and More – 8 weeks on Tuesdays from September 24 – November 12 at 4:00 – 5:00 pm

Yoga is one way to cultivate mindfulness and a proven practice for reducing stress and increasing balance, flexibility, energy and strength. In addition to Yoga this program will include other mind/body practices such as breathing, guided relaxation, meditation and ways to work with negative thoughts and physical discomfort. Attend 6 out of 8 sessions and receive 25 points.

WINTER

ONLINE MIIA WINNERS Biggest Winner Challenge

Complete the program and fill out the evaluation and you will receive 25 points.

5% Solution – 8 weeks on Mondays

Did you know that losing just 5% of your body weight can boost heart health, lower blood sugar, reduce inflammation, and improve sleep? Learn, from a registered dietitian/nutritionist, which foods help lower blood sugar and blood pressure, easy exercises to do at home, and simple ways to lower unmanaged stress. All participants will receive a free Fitbit to help increase and track daily activity. Attend 6 out of 8 sessions and receive 25 points.

Tai Chi – 8 weeks on Tuesdays

Tai Chi is sometimes described as “meditation in motion” because it promotes serenity through gentle movement—connecting the mind and body relieving tension and calming the mind. This class guides new and experienced Qigong & Tai Chi students through an easy to learn sequence of movements that are performed while relaxed, calm, balanced, and centered. Attend 6 out of 8 sessions and receive 25 points.

SPRING

Cardio Core and More – 8 weeks

Combining different methods of exercise is an efficient and fun way to achieve total body fitness. Each session will include cardio, strength, core training in addition to stretching and flexibility exercises. Every exercise can be modified to the individual’s fitness level. Attend 6 out of the 8 sessions and receive 25 points.

Essentrics – 8 weeks

Essentrics is a non-impact exercise program that rebalances the body by stretching and strengthening all 650 muscles equally in every workout without weights or equipment. Essentrics draws from the strengthening principles in ballet to create long, lean muscles; the flowing and healing movements of tai chi to release chronic tension; and the neuromuscular techniques from physical therapy to increase flexibility and range of motion. Attend 6 out of the 8 sessions and receive 25 points.
ON-GOING

**Ahealthyme Online Wellness Workshops** (4 – 7 week programs) - Choose from a variety of self-paced, interactive modules on the BCBSMA site designed to be engaging and fun, while providing you with the resources and tools you need to reach your wellness goals. The workshops include topics on healthy eating, weight management, physical activity and stress management. To register, visit: www.ahealthyme.com/login. **Complete any four workshops and receive 25 points for each one you complete.** Workshops must be completed by 6/30/20 to earn incentive credit.

**Tobacco Cessation** – MIIA is partnering with Self-Help Works to offer **LivingFree**. It consists of 12 online video-based sessions along with quizzes, useful exercises and other support tools and activities. It is a scientifically-based online course designed to eliminate cravings and end physical and emotional dependence on tobacco - permanently. The first time you login you will watch a brief tutorial and set up your course calendar. After that, just follow along as our smart system guides you through the short coaching videos, interactive quizzes and easy assignments. **Participate in 10 of the 12 online video-based sessions and receive 25 points.** MIIA members: visit [http://portals.selfhelpworks.com/wellaware](http://portals.selfhelpworks.com/wellaware). Non-members: contact Mary Harrington (mharrington@mma.org) to get started.

**Routine Screening Certification Letter** (On-going, 2019-2020) – Download the form on ahealthyme.com/login or email Mary Harrington at mharrington@mma.org for a copy of the certification form. Have your health care provider sign and date it; **submit your signed letter to Mary at MIIA and receive 25 points.** Letter must be received by June 30, 2020.