



EMPLOYEE HEALTH & WELLNESS NEWSLETTER

Your Pulse on Health & Wellness



Building
Healthy
Families



*Check Out Anthem's New Program
to Support Growing Families!*

The State of Maine and Anthem believe that every family grows in its own unique way. Whether you're trying to conceive, expecting a child or in the thick of raising your young children, Anthem's new all-in-one program can help you grow strong at no cost to you.

Building Healthy Families offers digital tools, trackers and resources for pregnancy and beyond as well as health and wellness expertise for your family and pregnancy.

Connect with health coaches via chat or phone, explore a library of thousands of educational articles and videos and even connect with a maternity nurse and access lactation support.

To enroll, beginning January 1, open the Sydney Health mobile app and go to "My Health Dashboard." From there you can choose the Building Healthy Families tile under featured programs.



URGENT CARE OR EMERGENCY ROOM | WHICH SHOULD I CHOOSE?

When you need immediate care, it's never something you're ready for. Sometimes it's difficult to know whether the Urgent Care or the Emergency Room is the right place to go. Not only can this choice impact your health, it can also impact you financially.

Urgent Care

Urgent Care is ideal for when your doctor's office isn't open, and for treating your family's minor accidents and illnesses, such as:

- Minor fractures, sprains, and dislocations
- Cuts or bad scrapes needing stitches or expert bandaging
- Flu symptoms including nausea, high fever, body aches, sore throat and more

Emergency Room (ER)

Choose the ER if you think you or a family member has a life-threatening condition, such as:

- Heart attack symptoms: chest pain, difficulty breathing, shooting pains down an arm or leg
- Stroke symptoms: slurred speech, weakness, or numbness on one side, loss of vision or difficulty balancing
- Head trauma, severe cuts and abrasions with uncontrolled bleeding, serious allergic reactions

Hinge Health

As a member of the State of Maine Medical Plan* you and your eligible dependents get access to Hinge Health's digital exercise program for back, knee, hip, shoulder and neck pain at zero cost to you!

What might you experience if you sign up for Hinge Health?

- **Wearable sensors to guide stretches**

The Hinge Health app & sensors give you live feedback on your positioning during stretches and exercises.

- **Personalized exercise therapy**

You'll be guided through 15-minute sessions, three times a week, and the level of difficulty will increase when you're ready.

- **Unlimited one on one health coaching**

Your coach will be there to provide personalized support via text, email, or call to help tailor the program to you.

To learn more call (855) 902-2777 or apply at:

hinge.health/stateofmaine



I find myself looking forward to doing my exercise routine. The exercises are straightforward and show examples of each stretch with actual people and not a picture. Since I have started this program – I have noticed a substantial change in my lower back, when I get up in the morning, to working at home, or in the office.

-Michelle, State of Maine Health Plan Member

*Participants must be 18+ and enrolled in the State of Maine Plan.

Benefits Spotlight



SLOW-COOKER GARLIC-PARMESAN CHICKEN

Ingredients:

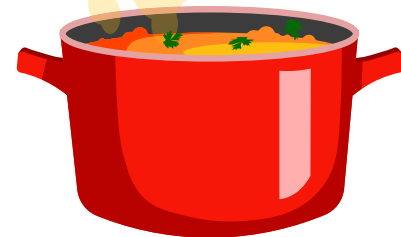
- 3 tbsp. extra-virgin olive oil, divided**
- 2 lb. bone-in, skin-on chicken thighs**
- Kosher salt**
- Freshly ground black pepper**
- 1 lb. baby red potatoes, quartered**
- 2 tbsp. butter, softened**
- 5 cloves garlic, chopped**
- 2 tbsp. fresh thyme**
- Freshly chopped parsley**
- 2 tbsp. freshly grated Parmesan, plus more for serving**

Directions:

Step 1: In a large skillet over medium-high heat, heat 1 tablespoon oil. Add chicken, season with salt and pepper, and sear until golden, 3 minutes per side.

Step 2: Meanwhile, in a large slow cooker, toss potatoes with remaining 2 tablespoons oil, butter, garlic, thyme, parsley, and Parmesan and season generously with salt and pepper. Add chicken and cook on high for 4 hours or low for 8 hours, until potatoes are tender, and chicken is fully cooked.

Step 3: Garnish with Parmesan before serving.



SEASONAL AFFECTIVE DISORDER

SAD is not considered a separate disorder but is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year. Therefore, the signs and symptoms of SAD include those associated with major depression, and some specific symptoms that differ for winter-pattern and summer-pattern SAD. Symptoms of major depression may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Feeling hopeless or worthless

For winter-pattern SAD, additional specific symptoms may include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)

Visit WellStarME.org to check out the Winter Toolkit for more information.

How is SAD Treated?

Treatments are available that can help many people with SAD. They fall into four main categories that may be used alone or in combination:

- Light Therapy
 - Tap into your FSA pre-tax dollars to help with the cost of a light therapy box.
- Antidepressant Medications
 - MedImpact offers Tier 1 Generic Medications at only \$10 for a 30 day supply.
- Psychotherapy
 - Mental Health visits through your Anthem plan are covered at 100%.
- Vitamin D

Talk to your healthcare provider about which treatment, or combination of treatments is best for you.

Source: National Institute of Mental Health





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RESOURCES:

Health Insurance: Anthem Blue Cross Blue Shield
<https://www.anthem.com/> or 1-888-672-7151

WellStarME: www.wellstarme.org

LivingResources Program: www.guidanceresources.com
 Web ID: LivingME or 1-844-207-LINK (5465)

eNewsletter Subscription: www.maine.gov/bhr/oeh/

THE STATE OF MAINE DIVISION OF
 EMPLOYEE HEALTH & WELLNESS
www.maine.gov/bhr/oeh/

Join our e-mail list by
 scanning the QR Code below &
 follow us on social media!









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