

EMPLOYEE HEALTH & WELLNESS NEWSLETTER



Your Pulse on Health & Wellness



National Diabetes Awareness Month

November is American Diabetes Month and it's our chance to show the world what life with diabetes is really like and provide ways to manage it.

Some of you may be wondering - What is Diabetes? Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy and while some are born with this as a genetic condition or acquire it with age (Type 1), others develop diabetes due to their lifestyle (Type 2).

Did you know ... The State of Maine has partnered with Livongo to offer Active State of Maine Employees & Non-Medicare Retirees a Diabetes Management Program at no-cost!

Program benefits include:

Smart devices

- Access to cellular enabled blood glucose meter
- Track your numbers watch trends, and download reports

Support when you need it

- 24/7 one-on-one expert coaching when you need it
- Support immediately after out-of-range device readings

No charge to you

- Unlimited strips and lancets delivered to your door
- Personalized programs

For more information about Livongo, scan the QR code or visit:

<https://welcome.livongo.com/STATEOFME>



Reminder: Health Plan members can access their individual risk by accessing the Diabetes Risk assessment found within the 2024 Health Premium Credit Program questionnaire.

Risk Factors for Type 2 Diabetes

You're at risk for Type 2 Diabetes if you:

- Have prediabetes.
- Are overweight.
- Are 45 years or older.
- Have a parent, brother, or sister with type 2 diabetes.
- Are physically active less than 3 times a week.
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9 pounds.
- Are an African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islanders and Asian American people are also at higher risk. Source: <https://www.cdc.gov/>



Hello Fall!



LiveHealth ONLINE

LiveHealth Online brings the doctor to you!

LiveHealth Online is a web based portal available to Active State of Maine Employees & Non-Medicare Retirees to connect virtually with a Physician 24/7 about the services below:

- Primary Care
- Psychology
- Psychiatry
- Dermatology
- & Lactation



Skip the lines at Urgent Care for any of your non-emergent healthcare needs and visit LiveHealth Online!

To sign up - scan the QR code or visit:
<https://startlivehealthonline.com/>

Benefits Spotlight

DELISH DISH

Apple Cider Chicken

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons butter
- 4 boneless, skinless chicken breasts (about 2 pounds)
- Salt and freshly ground black pepper
- ½ Vidalia onion, chopped
- 1 Granny Smith apple, cored & sliced into 1/4-inch wedges
- 3 cloves garlic, minced
- 2 teaspoons dried thyme
- 2 bay leaves
- 2 tablespoons all-purpose flour
- 1 ½ cups apple cider



Directions

Heat oil and 1 tablespoon butter in a skillet over medium-high heat. Season the chicken breasts with salt and pepper, add to pan and sear until golden, about 4 minutes each side.

Remove chicken from pan, and set aside. Add remaining butter and onion, apple, garlic, thyme and bay leaves. Sauté until apple begins to get color and onions soften, about 6 minutes.

Add flour and stir 2 to 3 minutes. Nestle chicken back into pan, add cider, bring to a boil, reduce to a simmer and cover. Cook until chicken is cooked through, about 12 minutes.

Source: www.foodnetwork.com/

Healthy Apple Crisp

Ingredients

- 5 cups sliced peeled baking apples
- 2 tablespoons sugar or sugar substitute - sugar blend equivalent
- 1 teaspoon lemon juice
- ½ teaspoon apple pie spice



Topping

- ½ cup rolled oats
- ¼ cup sugar or sugar substitute-sugar blend equivalent
- 3 tablespoons all-purpose flour
- ¼ teaspoon apple pie spice
- 3 tablespoons butter
- ½ cup Frozen light whipped dessert topping, thawed

Directions

For filling: Preheat oven to 375°. In a large bowl combine apples, 2 tablespoons sugar or sugar substitute, lemon juice, and 1/2 teaspoon of the apple pie spice. Transfer apple mixture to a 2-quart square baking dish.

For topping: In medium bowl, combine oats, 1/4 cup sugar or sugar substitute, flour, and 1/4 teaspoon apple pie spice. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping over filling.

Bake for 30 to 35 minutes or until apple is tender and topping is golden brown. Serve warm. If desired, top with whipped topping.

Source: www.eatingwell.com

Health Premium Credit Program

The **Health Premium Credit Program** is a voluntary program that provides an incentive to State of Maine employees enrolled in the health insurance plan.

By participating in the Health Premium Credit Program, active employee plan members receive up to a 5% discount on their individual health insurance premium starting with the 1st paycheck issued in July 2024. The deadline to meet the 2024 program requirements is 11:59pm on April 30th, 2024.

The requirements for both the primary subscriber (e.g. State of Maine employee) and covered spouse/domestic partner are:

1. Complete the Wellness Questionnaire
2. Watch the Primary Care Provider (PCP) Resources Video and complete the corresponding quiz
3. Complete one of the following "My Health" options:
 - Get your numbers from a free-standing lab (**please note:** your primary care provider must send a lab order to your preferred lab) **OR** get your numbers from your primary care provider
 - **OR** Receive a Flu Shot
 - **OR** Have a Well-Being Visit
 - **OR** Have an Annual Physical Exam
 - **OR** Participate in a Health Navigation Appointment

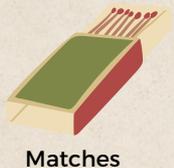


"My Health" options must be completed between **May 1, 2023 and April 30, 2024 at 11:59pm.**

To sign up - scan the QR code or visit:
<https://www.wellstarme.org>



Winter Ready!



Matches



Fire Extinguisher & Smoke /Carbon Monoxide Alarm



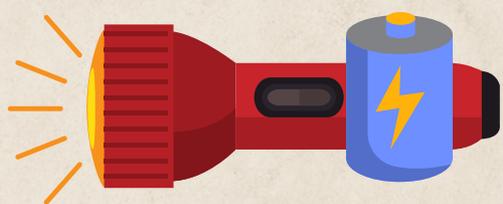
First-Aid Kit



No-Cook Food & Water



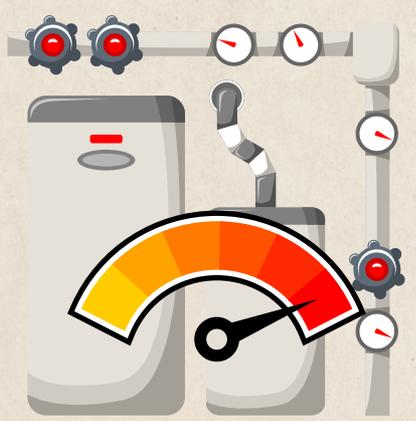
Blankets



Extra Flashlights & Batteries



Extra Prescription Medication



Topped Off Heating Source



Battery Powered Radio



Candles

10 Things You Need Prepping for Winter



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 61 State House Station
 Augusta, ME 04333-0061



Your Pulse on
 Health & Wellness

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/oe/

State of Maine

Office of Employee Health & Wellness

www.maine.gov/bhr/oe/

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



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Apples, not caffeine, are more efficient at
 waking you up in the morning



Source: www.middletonmedical.com/