




# Wellness Resources

<i>Program</i>	<i>More information</i>
<p><b>WellStarME</b>  <a href="http://www.WellStarME.org">www.WellStarME.org</a></p> 	<p>Online wellness program available to employees, retirees, and spouses/domestic partners enrolled in the State of Maine Health Plan.</p> <p>WellStarME can help you:</p> <ul style="list-style-type: none"> <li>• Keep track of your health numbers (e.g., blood pressure, cholesterol)</li> <li>• Connect you with local resources for help with tobacco cessation and National Diabetes Prevention Program sites at no additional cost.</li> <li>• Maintain an activity log and much more!</li> </ul>
<p><b>Gym Membership Reimbursement Program</b>            e-mail: <a href="mailto:Info.Wellness@maine.gov">Info.Wellness@maine.gov</a></p>	<p>Employees are eligible to receive up to \$40 per month in reimbursement for any qualifying gym.  <i>*Members must be eligible for State of Maine paid benefits</i></p> <p>Visit <a href="http://www.maine.gov/deh">www.maine.gov/deh</a> for additional program information, including attendance requirements, a sample list of qualifying gyms, and tax information.</p>
<p><b>Anthem Blue Cross and Blue Shield Fitness &amp; Health Discount Programs</b>            1-844-273-4614</p>	<p>Available to members of the State of Maine Health Plan. Discounts include, but are not limited to:</p> <ul style="list-style-type: none"> <li>• Activity trackers</li> <li>• Gym memberships</li> <li>• Nutrition programs</li> </ul> <p>Log on to <a href="http://www.Anthem.com">www.Anthem.com</a> and select Discounts to learn more!</p>
<p><b>The Silver Sneakers Fitness Program</b>            This program includes a fitness membership to participating gyms, exercise classes, and more.            1-888-423-4632</p>	<p>Silver Sneakers is available to members of the Aetna <b>Medicare</b> Advantage Plan.</p> <p><a href="http://www.silversneakers.com">www.silversneakers.com</a></p>
<p><b>Healthy Home Visit</b>            877-503-5802 (TTY: 711)  <b>Monday through Friday, 8 AM to 8 PM ET</b></p>	<p>Have a licensed doctor or nurse come to your home to review your health needs, do a home safety assessment, review your medications, and ask about your medical and family history.</p> <p>To schedule a visit online, go to <a href="http://Schedule.SignifyHealth.com">Schedule.SignifyHealth.com</a></p>
<p><b>Living Resources Program</b>            1-844-207-LINK (5465)            Available 24/7</p>	<p>Available to active employees, retirees, and all members of their household. Program services include:</p> <ul style="list-style-type: none"> <li>• Confidential emotional support</li> <li>• Legal guidance</li> <li>• Financial resources</li> <li>• Work-life solutions</li> <li>• Online support <a href="http://www.guidanceresources.com">www.guidanceresources.com</a> (web ID: LivingME)</li> </ul>