Wellness Resources

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| **Program** | **More information** |
| **WellStarME**[www.WellStarME.org](http://www.WellStarME.org)  | On-line wellness program available to employees, retirees and spouses/domestic partners enrolled in the State of Maine Health Plan.WellStarME can help you:* Keep track of your health numbers (e.g. blood pressure, cholesterol)
* Connect you with local, no cost resources for help with tobacco cessation and National Diabetes Prevention Program sites
* Maintain an activity log and much more!
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| **State of Maine Wellness Centers****Augusta** Eastside Wellness Center (207)287-4278**Bangor** Bangor Wellness Center (207)941-4419 | Wellness Center membership is available to State of Maine employees and retirees, with their spouses/domestic partners at no cost. *\*Employee and retiree members must be eligible for State of Maine paid benefits. Significant others must be enrolled in the State of Maine Health Plan.*Range of services include but not limited to:* Cardiovascular equipment
* strength-training equipment
* Group fitness classes
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| **Gym Membership Reimbursement Program**e-mail: Info.Wellness@maine.gov | Employees are eligible for reimbursement of up to $40 per month at any qualifying gym. *\*Members must be eligible for State of Maine paid benefits*Visit [www.maine.gov/deh](http://www.maine.gov/deh) for additional program information including attendance requirements, sample list of qualifying gyms and tax information. |
| **Anthem Blue Cross and Blue Shield****Fitness & Health Discount Programs**1-844-273-4614 | Available to members of the State of Maine Health Plan. Discounts include, but not limited to:* Activity trackers
* Gym memberships
* Nutrition programs

Log on to [www.Anthem.com](http://www.Anthem.com) and select Discounts to learn more! |
| **The Silver Sneakers Fitness Program**Program includes a fitness membership to participating gyms, exercise classes and more. 1-888-423-4632 | Silver Sneakers is available to members of the Aetna **Medicare** Advantage Plan.[www.silversneakers.com](http://www.silversneakers.com)  |
| **Healthy Lifestyle Coach**1-866-213-0153 | The Healthy Lifestyle Coaching Program is available to members of the Aetna **Medicare** Advantage Plan. |
| **Living Resources Program**1-844-207-LINK (5465)*Available 24/7* | Available to active employees, retirees and all members of their household. Program services include:* Confidential emotional support
* Legal guidance
* Financial resources
* Work-life solutions
* Online support [www.guidanceresources.com](http://www.guidanceresources.com) (web ID: LivingME)
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