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! |
| **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 |
| **Gym Membership Reimbursement Program**  e-mail: [Info.Wellness@maine.gov](mailto: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) |