

Employee Wellness Newsletter

Despite what the groundhog had predicted, it feels like spring really is right around the corner! With warmer and brighter days on the horizon, this is an ideal time to focus on your wellness.

Harvard Pilgrim has created a new, user friendly Wellness Portal. This is available to all employee's who are enrolled in LRCS' medical benefits. This wonderful resource can be accessed at

www.harvardpilgrim.org/wellnessaccount

Key features include:

- Easily accessible **Health Assessment** for employees to complete annually in return for a 5% reduction of the cost of their premium.
- Personal Profile
- Connects with multiple wearable fitness devices such as FITBIT
- Food Log/ Fruit and Veggie Tracker
- Wellness Workshops: These are **FREE** and include topics such as
 - Drug/Alcohol
 - Nutrition
 - Smoking
 - Emotional Health
 - Preventative Health
 - Cholesterol
 - Exercise
 - Safety
 - Blood Pressure and Glucose

Each workshop has a time frame for its completion and offers short videos, reading material, fast facts, quizzes and tasks to perform.

- Meal Plans and recipes for a variety of different "diets" including; Cancer/HIV, Kidney, Texture Alteration, Food Sensitives, Gastrointestinal, Children, Pregnancy, Diabetes and more.
- Exercise Tracker
- Community Blogs
- Reference Section



There is also an app, **HEALTHYNOW**, which works alongside the wellness portal for on the go use. The app is available in both IOS and Android formats.



What's going on with the Wellness Committee?

The Resource Center is close to being finished— we are still organizing it while we await the arrival of pedometers!

The first Free Fruit Day will be on Monday, March 20th.

Plans for gardening are underway! We are currently in the process of securing plots and developing "Garden-on-the-Go bags." These bags will have the essentials & tools needed for participating. If you are a DSP, and interested, please speak with your manager about the possibility of gardening with the person you support.

Health Benefits of Gardening

 *Stress Relief*

Immunity Booster 

 *Exercise*

Friendly Bacteria 

 *Nutrition*

Brain Health 