

Wellness Newsletter

February 2020



**Minnesota
Healthcare
Consortium**
Participating Minnesota Service Cooperatives

2020 Q1 Observances February & March 2020

FEBRUARY

American Heart Month
National Children's Dental Health
AMD/Low Vision Awareness
National Children's Dental Health
Teen Dating Violence Awareness

MARCH

Bleeding Disorders Awareness
National Colorectal Cancer Awareness
National Endometriosis Awareness
National Kidney Month
Multiple Sclerosis Education

For links to information on these
observances click here:
Healthfinder.gov

Member Spotlight



When Todd Holthaus, Superintendent of Hills-Beaver Creek School, started the **Omada Program**, he knew that his numbers were high & that he needed to make a change. He had been working with a doctor for sometime. Omada was the change he needed. To hear Todd's story, click here:

Welcome to 2020 and MHC's Inaugural Wellness Newsletter!

A new decade is upon us and with it comes the promise of great growth and change. As part of our statewide mission, we're excited to launch our inaugural **Minnesota Healthcare Consortium Wellness Newsletter!**

You will receive quarterly newsletters focusing on currently wellness programs, wellness trends, and regional wellness successes just to name a few topics.

Enjoy the inaugural edition on **"all things wellness"**!
Please forward this newsletter to all staff.



Worksite Wellness Team BINGO

Are you looking for something new to do with your staff this winter that is fun & can get everyone working together?

This fun activity can be successful with any sized staff. The bingo sheets can be easily uploaded to Google Docs and each team member is given the link. Teams of four or five participants are ideal. The squares themselves get folks thinking and doing things for their well-being, but even more importantly, is the aspect of fun and camaraderie felt by the participants. What a great way to increase morale at your organization!

Everything that you need to get going is attached, have fun with it!

BINGO

14	20	32	52	71
10	27	42	55	64
7	23	FREE	58	69
11	28	34	56	72
15	25	33	53	66



Health Benefit Wellness Programs

As a member of the Minnesota Healthcare Consortium through your local service cooperative, you have wellness programs available to you!

These programs focus on the health and well-being for you and your family.



Fitness Incentive and Health Engagement Program

[Helpful Sharecare Tip Sheet](#)
[Click Here!](#)

Make sure that you **update your RealAge** at least once a year, specifically at your health plan renewal date.

All members in this Fitness Incentive Program now have access to the **Sharecare Marketplace** to redeem their "points".

When setting up an account, using your **personal email** vs. your work email is suggested.

IMPORTANT - when registering for the first time with Sharecare use this link: <https://bluecrossmn.sharecare.com>



Virtual Visits with Doctors and Psychologists



Online, Private, Cognitive Behavior Therapy

[Click here to visit the website.](#)
CODE for members MHC.

With Doctor On Demand, video visits can be done in just minutes — **with no travel time** — which means it's quick, it's convenient and it saves money.

Learn more and see [NEW pricing for 2020.](#)
Learn more about **"What Doctor on Demand Treats"** - [click here!](#)

Help is just a click away.

Learn to Live offers support for you and your family members (13 and older) free of charge all year long.

Take a confidential assessment, start a self-paced CBT program for Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia and **NEW Substance Use** —you can connect with a coach.



Diabetes & Heart Disease Prevention Program

NEW in 2020
Type 2 Diabetes Program

Preventative Diabetes/Heart Disease Program and NEW in 2020 Type 2 Diabetes Program.

If you or your adult family members are at risk for type 2 diabetes or heart disease, or are living with type 2 diabetes, Minnesota Healthcare Consortium will cover the entire cost of the program.

- NEW 2020 Type 2 Diabetes Program Available to:**
- **CCOGA** pool members- available as of January 1, 2020
 - **School Pool** members available at health insurance renewal in 2020.
 - Contact your regional service cooperative with questions.

shopping for medical services.

- 2019 Top "shopped" services - Colonoscopies & Mammograms.
- 2019 Top "cost savings" were Colonoscopies, Hip and Knee Replacements

Are you an informed consumer of your own health care?

[Click Here to learn more!](#)



HEALTHY MEALS TO MAKE SUPPER FAST & EASY

This is the PERFECT time of year to think about using your crockpot. Having those meals prepped and ready to throw in your crockpot in the morning is the way to go. When you come home from work...the meal is ready & your house smells GREAT! Check out this site that has a bunch of recipes, your shopping lists & directions to assemble your meals. Here is the site: [CROCKPOT MEALS](#)



Extra coins? A dollar bill or two sitting on the kitchen counter?

Start saving! January is already gone - but it's not too late to start gathering coins and dollar bills. Check out the below Penny Challenge. You could end up with \$667.95 by the end of 2020 with little effort! [Penny-a-day challenge](#)

We are dedicated to empowering and engaging our members in lifelong health and well-being.

