



Live Online Yoga Classes From Home!

Now open to
all employees!



All Levels Welcome!
Classes include:

Vinyasa Yoga
Ashtanga Yoga
Forrest Yoga
Restorative Yoga
Yin Yoga
Pre-Natal Yoga
Post-Natal Yoga
Chair Yoga
Tai-Chi
Qigong
Yoga Discussion Groups
20 min Meditations
and more!

Tired, stressed, overworked, or in pain? Yoga and meditation are proven to reduce stress, improve sleep, reduce pain, and enhance mental clarity and well-being. The key is practice regularly.

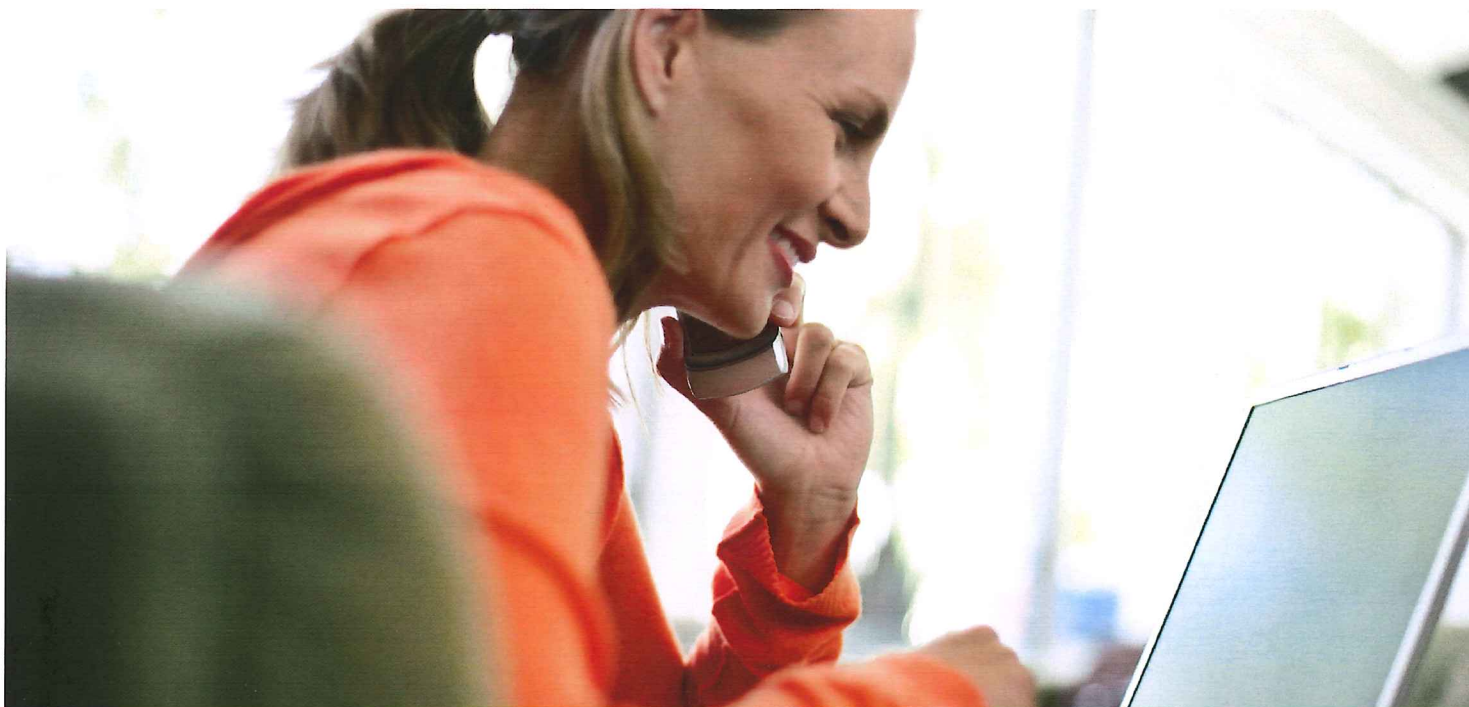
That's why **MIIA** and **Ompractice** are teaming up to offer all employees free, unlimited live yoga and wellness classes that can be taken from home or anywhere else. All classes are taught via two-way video so you are seen and supported by a great teacher. All you need is a mat and the camera on your laptop, tablet, or cell-phone.

Whether you are a complete beginner or a long-time practitioner, you will enjoy and benefit from these classes.

Just sign up for **FREE** membership at: **ompractice.com/miia** and then choose any classes you like from our schedule!



Sign up on at
ompractice.com/MIIA



Wellness Telephone Coaching

Find Your Path to Health and Wellbeing

There is no one path to peak wellness. This free, 1-on-1 telephone coaching program (maximum of 7 coaching calls) is customized to your unique goals. Open to all MIIA/BCBS members.

The wellness coaches provide the guidance, accountability and support you need to create personalized strategies for a healthier lifestyle. Topics covered could include improving self-esteem, developing resiliency, losing weight, maintaining weight loss, tobacco cessation, enhancing relationships and more. Our professionally trained wellness coaches will help you identify your key short-term and long-term goals, and support you on your path to enhanced health and wellbeing.

It's easy to get started. Just contact one of our certified wellness coaches and set up your first call.

- Janet Fontana – janet@janetfontana.com or 508-846-0449
- Tricia Silverman – tricia@triciasilverman.com or 508-612-0416
- Sandy Sarni – ssarni@mma.org or 617-840-4719
- Jen Fournier – sveltewoman@msn.com or 508-612-0405

This is a private, personal and convenient way to create you own strategies for feeling better, being healthier and getting stronger in both body and spirit.



Wellness Telephone Coaching

How is coaching different than other support models?

Physicians and teachers inform and educate.... therapists focus on resolving emotional and psychological issues from the past ... mentors share experience and expertise ... coaches are specially trained to help you discover your own answers and move you into powerful action to create your future.

A coach won't tell you what to do or what you need to learn. It's your call. A coach will support you on your path to wellbeing, assist in strategizing solutions when challenges arise, and help you build your personal skills. A coach stays by your side as you learn from both your challenges and your successes.

A coach helps you discover and plan today so that tomorrow will be different than yesterday.

What can I expect in a coaching session?

In the initial coaching session, your coach will explore with you your vision for health and wellness. Your coach will assist you in designing short and long-term goals to get you there, and ask you to make a real commitment to the process.

In subsequent sessions, you will identify the session topic, focusing on whatever aspect of the process you want to work on - including successes, struggles, and follow-up on the previous sessions' action items. You can count on your coach to bring curiosity, compassion, powerful questions, focused listening and belief in you to each and every session.

Wellness coaching offers:

- Choice and focus...
you decide, you take charge
- Insight about why wellbeing matters to you
- An individualized plan to fit your life
- Privacy and personal attention
- Motivation and accountability
- Convenience - telephone coaching from the comfort of your home

What you can expect from wellness coaching:

- MORE confidence in your ability to change
- MORE success as you take charge of existing health issues
- MORE commitment to regular physical activity
- MORE energy to live life to the fullest

Wellness
coaching

Wellbeing Smorgasbord Challenge!



Complete 7 of 12 of our self-directed challenges by August 31, 2020 and earn a \$75 Amazon gift card!

As part of your MIIA health plan, you can participate in free, self-directed wellness challenges. To maximize convenience, all can be completed on your own time, anywhere. There are no classes or workshops to attend.

Your employer's wellness coordinator will send you MIIA's monthly Wellness Newsletter with your monthly self-directed program description and registration details.

Look at our list of programs, a smorgasbord of exercise, diet and wellbeing activities. Pick the ones that best match your personal goals. Try something new. Each program includes educational information, tips and strategies. Some also include helpful videos and podcasts. Keep an eye out for these opportunities to have fun, improve your wellbeing, get fit and earn \$75 Amazon gift card*! We provide the programs! You create a healthier lifestyle! (Only MIIA/Blue Cross health insurance subscribers are eligible for the \$75 Amazon gift card.)

The Smorgasbord Challenge starts in September. Watch for the promo email that includes the September activity: "10 New to You!" in your inbox! You also earn prizes for completion of each individual challenge. Enjoy and choose wellbeing!

*Playing catch up: if you cannot participate in an activity during the month that it is promoted, you may catch up by completing it **within 2 months** of the close of the program, with the **exception of our June, July, and August challenges**. We will not accept log forms that are returned to MIIA outside the noted schedule.



Self-Directed Programs

September: NEW 10 NEW to YOU!

Eat 10 NEW fruits and veggies over a 12-day period. Branch out! Be bold!

October: NEW Go Outside!

Spend at least 120 minutes per week outside. You will be happier and healthier!

November: NEW Have You Filled A Bucket Today?

There is much gained when we do something for another person. Our focus is on how to fill another person's emotional bucket.

December: NEW Stress Less Express

Overwhelmed by the holidays? Learn stress reducing and time management tactics, practice self-care, and learn to be intentional with your time throughout the holidays.

January: NEW Love Your Legumes

Do what your mother told you and eat your beans and peas!

February: NEW Balance and Tone

One of the key aspects of a healthy body is balance! Balance degrades and our risk of injury due to falling increases as we age. Learn exercises to improve and maintain your balance!

March: Gut Health

Learn which foods to increase in your diet to maintain a healthy gut and adopt new eating habits to improve your health.

April: Walking Tall

Walking is one of the best forms of physical activity you can access from your front door. And you will 'walk tall' with proper technique!

May: NEW Pause on Purpose

Turn off the "noise" and take a pause. Pausing allows you to bring your whole self into your work and life. It helps you spend your time on the things that matter most to you.

June: Couch to 5K

With this 6-week plan, see how easy it is to transform a sedentary lifestyle into an active one. Train for your own or a charity 5K walk/jog!

July: Passport to Health

Adopt some healthy habits from countries around the world.

August: 9-2-1-0

Every day for 10 days: eat 9 fruits and veggies, limit screen time to 2 hours, be active at least 1 hour, and drink 0 beverages with added sugar.

ONLY MIIA/BCBS SUBSCRIBERS ARE ELIGIBLE FOR GIFT CARDS



REGISTER and PLAY

Go to app.quizzify.com/users/sign_up/mma and follow the prompts to register.

QUIZZIFY!

A Jeopardy-like trivia game that can save you money and improve your health!

IMPROVE
YOUR
LIFESTYLE

DIFFERENTIATE
BETWEEN HEALTH
CARE MYTHS
AND FACTS

AVOID
POTENTIALLY
HARMFUL
HEALTH CARE

SAVE ON
HEALTH
CARE COSTS

All the questions are multiple-choice and you can cheat! It requires no personal health information, asks no prying questions, and is fun!

**NEW! MONTHLY
\$100 DRAWINGS**

Starting in December, 10 drawings for \$100 gift cards for those who have completed the previous three months' quizzes. Example: to be eligible for the drawing in December, you must complete September, October and November quizzes. Top scorers each month will also be eligible for their own \$100 gift card drawing.

We look forward to playing the game with you!



Recipes To Feed Your Immunity

Mushroom Miso Soup

- | | |
|--|--------------------------------|
| 1 tablespoon canola oil | 2 tablespoons white miso paste |
| 5-1/2 cups low sodium vegetables stock | 16 ounces mushrooms, chopped |
| 1 large yellow onion, chopped | 1/2 teaspoon black pepper |
| 2/3 cup old-fashioned rolled oats | 1 teaspoon salt |
| 3 cloves garlic, minced | |

Heat oil in a large soup pot over medium-high heat. Saute onion 2 to 3 minutes or until translucent. Add garlic, mushrooms and salt, reduce heat to medium and cook 4 to 5 minutes, stirring occasionally. Add stock and oats, cover and simmer for 8 minutes. Place miso and pepper in a large blender (note: boiling miso can destroy its probiotic properties so be sure the soup is warm, not boiling, as you add it to the blender). After soup has cooled slightly, pour into blender. Puree 45 seconds to 1 minute or until smooth.

Kimchi Fried Rice

- | | |
|--|---|
| 1-2 tablespoons oil (peanut oil gives this great flavor!) | 1/2 cup kimchi, chopped |
| 1/2 medium onion, diced | 2 cups cooked brown rice |
| 2 teaspoons finely chopped fresh ginger | Salt to taste |
| 1 cup chopped veggies of your choice (mushrooms, red bell pepper, zucchini, peas, carrots) | 1/2 teaspoon reduced sodium soy sauce (optional, only if necessary) |
| | Pepper to taste |
| | 1/4 cup chopped scallions |

In a large skillet, heat the oil over medium-high heat. Add onion and saute for 2 to 3 minutes, stirring, then turn heat down to medium. Add ginger and veggies. Saute until ginger is fragrant and veggies are tender, stirring often, about 5 to 7 minutes. Add chopped kimchi, and cook until heated through, about 1 to 2 minutes. Add rice, and continue cooking until warm and combined, about 3 minutes more (add a bit more oil or a little water if too dry). Add salt, taste and adjust. Note: Kimchi adds a lot of saltiness, so add salt sparingly and to taste, as each kimchi is different. Add pepper to taste. If tasting bland, add soy sauce. Stir in scallions.

Fresh Asparagus-Tomato Salad

2 cups mixed salad greens or baby spinach

1 lb. thin fresh asparagus, trimmed and cut diagonally into 1-1/2 inch pieces

1 cup cherry tomatoes, halved

1/2 cup fresh basil leaves

2 tablespoons white wine vinegar

4 teaspoons olive oil

1 teaspoon honey

1/8 teaspoon salt

1/8 teaspoon black pepper

2 tablespoons shredded Parmesan cheese

2 tablespoons chopped walnuts, toasted

In a large bowl, combine the first four ingredients (through basil). For vinaigrette, in a small screw-top jar combine the next five ingredients (through pepper). Cover and shake well. You could also make vinaigrette in a bowl and use whisk to mix well. Pour vinaigrette over salad greens mixture; toss gently to coat. Sprinkle with cheese and nuts.

Artichoke-Spinach Strata

The new breakfast or brunch casserole; assemble and chill overnight, bake in the morning.

1-1/2 tablespoons canola oil, divided

1/2 teaspoon black pepper

1 (9-oz) pkg frozen artichoke hearts, thawed

6 large eggs

4 garlic cloves, minced, divided

12 oz whole-grain or whole-wheat

1 lb fresh spinach

baguette, cut into 3/4- in. cubes

2-1/2 cups skim or 1% milk

3 oz spreadable garlic/herb cheese*

1 teaspoon kosher salt

3 oz Swiss cheese, shredded* (3/4 cup)

Heat 1-1/2 teaspoon oil in Dutch oven over med-high heat; add artichokes and 2 garlic cloves; saute until fragrant and softened, about 4 minutes. Remove from pan. Add remaining 1 tablespoon oil and 2 garlic cloves; cook, stirring often, 30 seconds. Add spinach gradually, tossing constantly until spinach wilts, about 3 minutes. Transfer spinach to a strainer to cool. Whisk together milk, salt, pepper, and eggs in a large bowl. Squeeze spinach to remove excess moisture. Add spinach, artichokes, bread and crumbled garlic/herb cheese to milk mixture; toss well to combine. Spoon bread mixture into 13 x 9 glass or ceramic baking dish coated with cooking spray; sprinkle with Swiss cheese. Cover and chill 8 hours or overnight. Preheat oven to 350. Let the strata stand at room temperature while the oven preheats. Uncover strata, bake at 350 until set and lightly browned around the edges, about 45 minutes. Remove from oven; let stand 5 to 10 minutes before serving.

**Note: to reduce fat content I used Alouette reduced fat garlic and herbs cheese instead of full fat, and Jarlsberg Lite cheese instead of Swiss.*



Foods That Supercharge Your Immune System

Prebiotics — foods that contain indigestible fiber which feeds and sustains your gut bacteria

- Onions
- Garlic
- Leeks
- Artichokes
- Asparagus
- Chicory root
- Wheat bran
- Dandelion greens
- Bananas

Probiotics — good bacteria that live in your gut and are contained in fermented food.

- Yogurt — one of the top probiotic foods; fully of healthy bacteria; try to choose plain versions to avoid sugar — sugar can be counterproductive as it feeds pathogenic bacteria and contributes to sugar overload which is inflammatory to our body; choose brands labeled “live and active cultures” which guarantees about 100 million probiotic cultures per gram (about 17 billion cultures in a 6-ounce cup)
- Kefir — fermented milk drink; high in calcium and more probiotics than yogurt
- Miso — fermented paste made from barley, rice or soybeans; bold flavor so a little goes a long way which is good because it’s also high in sodium; great in soups
- Kimchi — Korean cousin to sauerkraut; spicy side dish used in breakfast scrambles, at lunch added to a brown rice and vegetable bowl, or in a stir fry at dinner
- Kombucha — tangy, effervescent black or green tea, often flavored with herbs and fruit; may contain a tiny amount of alcohol produced during fermentation; only 30 calories in an 8 ounce serving; also good source of B vitamins and antioxidants
- Sauerkraut — finely cut, fermented cabbage; great in fiber; choose unpasteurized
- Tempeh — fermented soybeans; nutty flavor and texture, used as meat replacement
- Pickles — also contain vitamins, minerals and antioxidants
- Raw cheese — raw milk unpasteurized such as goat or farmers cheese; other cheese that contain bacteria that can survive journey through the gut and can benefit your health include gouda, mozzarella, cheddar, swiss and parmesan