

It is our pleasure to welcome you to this guide filled with information and opportunities available to you as a member of the Cape Cod Municipal Health Group (CCMHG.) Our objective is wellness for all members and their families through proper medical care and fostering healthy lifestyles. Inside you will find details around the many programs and benefits that are offered through your employer and wellness consultants. We hope that you and your family take advantage of all benefits that are appropriate for you so that all of us will lead healthy lives. Feel free to bring any of your concerns to the Steering Committee or the Board. More detailed information is available at: www.CCMHG.com Be well!

Erin Orcutt, Steering Committee Chair
Michael MacMillan, Board Chair

Strategic Plan

Cape Cod Municipal Health Group (CCMHG) will provide a culture of wellness throughout its membership believing that this approach, over time, will improve quality of life of employees and retirees, improve productivity, and lower health care costs increases. CCMHG will help its members become prudent purchasers of health services.



Important Notes to Remember



- New hires must enroll in coverage during the first 30 days of their employment.
- Once you choose health care coverage, you cannot change plans until the next Annual Open Enrollment period - unless you have a Qualifying Event. Even if your doctor or hospital leaves your network you must remain enrolled in your selected plan. Qualifying Events include: marriage, birth or adoption of a child, divorce, death, or involuntary loss of other coverage.
- Doctors within your network may change during the year. If your doctor is no longer available your health insurance carrier will help you find a new one.
- Student coverage: check with your specific health plan for details.
- Change of personal information: Contact your Benefits Administration/ HR Office.

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Harvard Pilgrim



OUR PLANS ARE MADE TO FIT YOU

You deserve a health plan that meets your unique needs. That's why we offer a variety of plans with high-quality, affordable care and access to a wide range of benefits, including medical, dental, prescription drug coverage, mental health services, and more.

You'll have access to our extensive network of doctors, hospitals, and specialists. Plus, support from a coordinated team of experts.

We're proud to partner with **Cape Cod Municipal Health Group** and honored to cover **80%** of Massachusetts municipalities.

Learn more at bluecrossma.org

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association. ®Registered Marks of the Blue Cross and Blue Shield Association. ©2023 Blue Cross and Blue Shield of Massachusetts, Inc., or Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc.



Harvard Pilgrim Health Care – proud to partner with Cape Cod Municipal Health Group

Harvard Pilgrim is a leading not-for-profit health services company that serves as a guide to better health for its members in Massachusetts, New Hampshire, Maine and beyond. Our flagship health plans in New England provide coverage to 1 million members.

Founded in 1969, we've built our reputation on innovation and collaboration with a goal of lowering health care costs, improving care and providing outstanding member service. Our coverage solutions offer strong value and flexibility and include:

- Health maintenance organization (HMO) and preferred provider organization (PPO) plans
- Consumer-directed plans with health savings account (HSA) and well-being incentive program options
- Medicare Enhance for retirees

Members can register for an online account and access health plan information anywhere, anytime. Members can:

- Look up the details of their plan
- Compare costs for tests and procedures
- Explore different health topics and ways to be well
- Check out ways to save with discounts on eyewear, reimbursement for fitness programs and more!

Learn more at harvardpilgrim.org.

Are you over 65 and/or planning on retiring in the next six months? Refer to our Retiree Section on page 13 for some important information that may answer some of your questions!



REMINDER

Your Healthcare Providers



\$0 COPAY ON YOUR BRAND-NAME MEDICATIONS

CANARX is a no-cost international mail order program offering you \$0 copays on over 300 brand-name medications, shipped safely from a pharmacy directly to your home. **CANARX** is available to you, fully covered, through your existing benefits. Enroll today!



\$50 AMAZON GIFT CARD!

Receive a one-time \$50 Amazon Gift Card* for enrolling in the CANARX program with a qualifying prescription for a 90-day supply with 3 refills!

*Offer available to new program members only.

NETWORK ENHANCED OPTION

With Eye360, wellness and savings are in sight



INTRODUCING EYE360 - Eye360 is an enhanced benefit plan proven to help members save on vision care exam and out-of-pocket costs. These extras are available when members visit a PLUS provider - a select group of providers in the EyeMed Network. Best of all, the perks are built into the vision plan - no promo codes or paperwork provided.

SEEING SAVINGS - With Eye360, members receive \$0 copay vision care exams and an additional \$50 frame allowance at PLUS Providers — on top of their base plan’s benefits. That translates to members with Eye360 spending 41% less out-of-pocket on frames.² And when combined with other offers and discounts³, it adds up to truly eye-opening savings.

Help employees see, save and live better with Eye360 — Contact your EyeMed rep or visit eyemed.com

With an additional \$50 towards the frame allowance (plus 20% off the remaining balance) for the first pair of frames purchased and then an additional \$100 frame allowance (plus 40% off remaining balance) for the second pair of frames Eye360 delivers increased access to care and member savings.

VISION CARE IS HEALTHCARE An annual vision care exam not only helps uncover vision correction needs, it can often be the first to detect signs of serious health conditions, such as diabetes, high blood pressure, heart disease⁴ and eye diseases like glaucoma and cataracts.⁵ With Eye360, \$0 copay vision care exams help encourage employees to be proactive with their holistic healthcare.



Welcome Delta Dental members!



We're proud to be a part of Cape Cod Municipal Health Group's benefit offerings and look forward to helping you keep your smile healthy and bright. Start making the most of your plan right away.

Take advantage of your preventive care benefits

Stay up to date with routine appointments.

Our plans cover 100% (that means no out-of-pocket costs) for teeth cleaning, fluoride treatments, sealants and space maintainers for dependents.

Manage your plan anytime, anywhere with the Delta Dental Mobile App*

Download the app for easy access to:

- Mobile ID cards
- Dentist search tool
- Coverage details and claims history
- Dental care cost estimator tool
- And more...

Get started by visiting the App Store (Apple) or Google Play (Android) and search for Delta Dental Mobile App.



SCAN TO DOWNLOAD
DELTA DENTAL MOBILE APP

*Members must first register for our secure, member portal. Once registered for the portal, members will use the same username and password to register and log in to the mobile app.

Make benefits go further by choosing the right dentist

While Delta Dental members have access to dentists in both the Delta Dental Premier and Delta Dental PPO networks, dentists in the Delta Dental PPO network offer the most savings.

Find a dentist by visiting deltadentalma.com, logging in to the member portal or using our mobile app.

Additional member tools and resources

- TeleDentistry.com - 24/7 virtual appointments for urgent dental issues.
- Secure, member portal - register and log in at deltadentalma.com.
- Member newsletter - get oral health news and tips delivered right to your inbox.
- Healthy living discounts - exclusive member discounts on hearing aids and electric toothbrushes.
- Grin! Magazine - a free, online magazine featuring oral health news and education.

Learn more about Delta Dental coverage through your employer's benefits office or, if you're already covered, visit deltadentalma.com.



The **Good Health Gateway**[®] Diabetes Care Rewards Program helps members with pre-diabetes and any type of diabetes live their healthiest life.

Members get \$0 copays on covered diabetes medications and supplies when they complete the Program's diabetes care activities.

3 Easy Ways to Get Started.



800.643.8028
Hablamos español.

GoodHealthGateway.com

Your Healthcare Providers




Knee and Lower Back Pain Solution Tuned to Your Body

Drug free, non-invasive, footworn medical device personalized to you.



 150,000+ patients served

 98% would recommend

 Covered benefit



Meet Apos®

Apos® is a footworn medical device that is used to deliver a personalized therapy program that helps relieve pain and improve function for people suffering with chronic knee and/or low back pain.

How does Apos® work?
Scan to watch:



Get Started

Schedule an appointment, call 866-595-3817 or scan the QR code



CCMHG Pharmacy Benefit Tips You Can Use!

- If you have any questions or concerns about your prescriptions- ASK YOUR PHARMACIST.
- Check your prescription while still at the pharmacy counter if at all possible. If the pills look at all different, ask your pharmacist about it. Once leaving the counter, the prescription cannot be returned.
- If you utilize mail order, you'll pay about 2.5 times the monthly copay for a 3-month supply.
- Certain brand name prescription drugs are available to CCMHG plan members via the CCMHGCanaRx program, where you can get certain brand name drugs at \$0 copay for a 90-day supply each time.
- Shopping around by calling at least 3 pharmacies can help you save on generic prescriptions.
- Generic prescriptions contain the same active ingredients as brand name drugs, and cost less. \$10/30 day supply is the plan max some pharmacies offer 30-day prescriptions for less than \$10.
- Bring a list of all meds and any over the counter (OTC) or supplements which you take to doctor visits.
- A good question to ask your doctor (or pharmacist) when prescribed a new drug is if there a generic or lower cost drug that does the same thing, and if the doctor has samples or copay cards you can use?
- Some copay cards are available online. Look online at: www.cou-co.com. If you do not find your drug through that website, just Google your drug's name and the words "prescription copay card".



Not sure who to contact with any questions? When in doubt - always refer to your HR and/or Benefits office for help! Contact Information for all member units on pages 16-17.





Point32Health

Telehealth options with Doctor On Demand

Non-emergency virtual care 24/7 - PCP cost share

- Connect with a U.S. board-certified physician in less than 15 minutes from your smartphone, tablet or computer
- Get care for concerns such as bronchitis, sinus issues, pink eye, UTIs, or skin rashes

Confidential behavioral health therapy – BH cost share

- Licensed providers can help with anxiety, depression, grief, family issues, trauma or PTSD
- Choose from a variety of therapists with different backgrounds and specialties, and build a relationship with the provider who best meets your needs

Providers can order prescriptions* at the member's local pharmacy when medically necessary

What members are saying



95% case resolution rate



4.5 min average wait time



4.9 out of 5 stars average rating



Providers with 17+ years average experience and diverse background



60%
Female



69%
Parents



20%
LGBTQ+

* Doctor On Demand physicians do not prescribe controlled substances and may elect not to treat or prescribe other medications based on what is clinically appropriate.

dr+ How To Get Started with Doctor On Demand

How do I get started?

- 1 Download the Doctor On Demand app.**
Activate your account or login.
- 2 Pick your provider.**
Select the next available appointment or find the time best for your schedule.
- 3 Get care at home or on the go.**
Get help with all your healthcare needs from experienced doctors, therapists, and psychiatrists.

Activate your account.

doctorondemand.com/harvard-pilgrim
1-800-997-6196



Download the app



Be sure to have your Harvard Pilgrim Health Care medical insurance ID card handy for registration



MASSACHUSETTS

DOCTORS ON CALL, ON YOUR DEVICE.

Get convenient access to telehealth care by using Well Connection. Sign in to MyBlue, or create an account, then click Well Connection Video Visit under My Care.



REAL DOCTORS. REAL EXPERIENCE. REALLY FAST.



GET MEDICAL CARE 24/7

Speak face to face with a doctor, in the privacy of your home.



THERAPY THAT COMES TO YOU

Talk to a licensed therapist or psychiatrist—on your terms. It's convenient and confidential.



HIGHLY EXPERIENCED, HIGHLY RATED

Qualified providers. Rated 4.8/5 stars and averaging 15 years of experience.

Sign In

Download the MyBlue App from the App Store® or Google Play™, or go to bluecrossma.org.



CCMHG Pharmacy Options for Members

CCMHG members have multiple options in choosing where to have their prescriptions filled. The following is a summary of each of the programs available to you as a member of the health plan.

1. **RETAIL PHARMACIES** - Examples are pharmacies at the following: CVS and Walgreens; Target and Walmart; and Stop & Shop. For BCBS members, just stop in the pharmacy with your prescription(s) and show your health plan card. HPHC members should show their CVS Caremark prescription coverage card. With the DCD plan, you can get 30 to 90-day supplies per prescription. It is the same cost per 30 days regardless of the number of days' supply per prescription.

2. **MAIL ORDER PHARMACY** – For members of both the BCBS and HPHC health plans (typically) 90-day supplies per prescription, you can mail in your prescription to the mail order pharmacy for each plan. **BCBS Members should contact CVS Customer Care at 877.817.0477** and **HPHC members should contact the dedicated CVS Customer Care line at 833.823.2278**. The advantages of this option are a lower cost per every 30 days' supply and the convenience of receiving your prescriptions at home.

3. **SPECIALTY PHARMACY** – For high-cost specialty drugs including those typically not available at retail pharmacies. **BCBS members should contact Customer Care at 877.817.0477** and **HPHC members should contact Customer Care at 833.823.2278**. Some products may be at reduced or no copay with copay coupons. For both BCBS and HPHC members, you may need to enroll in their copay assistance programs prior to getting your specialty prescription filled. Please contact BCBSMA or HPHC for details.

4. **CANARX INTERNATIONAL MAIL ORDER PROGRAM** – This voluntary program allows you to receive certain brand drugs always for free, after receiving at least one fill in the U.S., in 90-day supplies, which come from Canada, England, or Australia. They are shipped directly to you from a pharmacy in the network in those countries. Check their formulary online to see if you are utilizing a brand drug in the program. Contact them at CANARX.com or call them at **866.893.6337**. Once you are enrolled, have them contact your provider for a 90-day prescription. They primarily handle traditional and oral brand drugs.

5. **GOOD HEALTH GATEWAY DIABETES CARE REWARDS PROGRAM** – You will receive covered diabetes medications and supplies like glucometers, lancets, and test strips for \$0 copays. This Program is available for free to Cape Cod Municipal Health Group active health plan members and their dependents on the active health plans with a diagnosis of diabetes. (pre-diabetes, Type 1, Type 2, gestational). **Join today for free** at www.GoodHealthGateway.com or by **calling Member Services at 800-643-8028**. Then complete the five program activities to earn your RX Rewards card. You can then bring your RX Rewards card to your retail pharmacy for a 30-day supply or a 90-day supply or call the member services line to order a 90-day supply shipped to you.



Your Wellness Programs



INVEST IN YOU

THRIVING AT WORK AND BEYOND WITH OUR WELLNESS PROGRAMS!

Your health is more than just checking in with your health care providers. CCMHG is committed to investing in a robust wellness program. In conjunction with our Wellness Committee, we contract with Cape Cod Healthy Connections to provide our members with opportunities to empower you to reach your full potential, both inside and out!

Our programs are:

- **Voluntary:** Participate at your own pace and choose the initiatives that resonate most with you.
- **Cost-Effective:** Budget-conscious programs offer a variety of options to improve your health and happiness without breaking the bank.
- **Fun and engaging:** We believe well-being should be enjoyable, so expect interactive challenges, informative workshops, and a supportive community.

Invest in your well-being today. A healthier and happier you is our goal! For more information contact Deanna L. Desroches at capecodhealthyconnections@gmail.com

OUR PROGRAMS INCLUDE:

Balletone Dance
First Time Homebuying
HIIT Dance
Line Dancing
Learn to Play Pickleball
Learn to Play Tennis
Yoga/Meditation
Pilates

Pound Cardio
Retirement Planning
Healthy Boundary Setting
Healthy Eating Programs
Learn to SUP
Womens' Self Defense
Zumba
Beginner Running

Hiking/Walking Groups
Sound Bath
Essential Oils
Reiki Healing
Active Older Adult Strength Training
Yoga Dance Fusion

...AND SO MUCH MORE!



Scan this QR Code to view and register for our upcoming programs!



Your Health Matters!

A quarterly newsletter delivered to your inbox highlighting hot topics in health, current workshops, provider news, health benefits, and incentives!



Your Wellness Programs



AHEALTHYME

www.bluecrossma.ahealthyme.com

Feeling like getting healthier and happier, but not sure where to start? AHealthyMe Rewards, offered by Blue Cross Blue Shield of Massachusetts, is here to help!

AHealthyMe, a wellness platform offered by Blue Cross Blue Shield of Massachusetts, is here to help!

Join our engaging community and participate in a diverse range of challenges, from fitness and nutrition to mindfulness and sleep. We offer individual and team-based challenges, catering to all preferences and helping you stay motivated.

Track your progress, connect with like-minded individuals, and unlock exclusive rewards as you conquer each challenge. AHealthyMe is more than just a platform; it's a supportive network cheering you on every step of the way.

To get started, sign in to your [ahealthyme](#) account and click Wellness Challenges. In addition to wellness challenges, participants can complete a health assessment, health and wellness courses, as well as personalized plans for wellness. Participants can earn \$50 for engaging in a variety of healthy behaviors. BCBS Members - if you do not have an existing account, sign into MyBlue and select ahealthyme under My Care.

HPHC Members and Retirees if you do not have an existing account, complete [THIS](#) google form.

MARTHA'S VINEYARD WELLNESS PROGRAMS

BeWell-MV is dedicated to enhancing the comprehensive health, well-being, and quality of life of all CCMHG members through the promotion of the 8 Dimensions of Wellness. We endeavor to create opportunities that empower, educate, and exemplify positive attitudes and behaviors. It is our fundamental belief to provide avenues for the development of lifelong habits while fostering independence and confidence through Programming that fits our Island Community needs.

MV municipal employees have access to a diverse range of Health and Wellness initiatives that foster community, connection, and collaboration with our Island partners. The BeWell-MV Programs are not static, but continuously evolving to align with current needs and enhance individual well-being. To stay updated and explore the available resources, please visit [BeWell-MV](#) and embark on the journey to invest in your health.



Retirees and Members over 65



If you are within four (4) months of turning 65 you should contact:



REMINDER

Your appropriate Benefits Office (listed on pages 15-16)

Social Security Administration: 800-772-1213

Your appropriate Retirement Office:

Barnstable County Retirement Association 508-775-1110

Dukes County Contributory Retirement System 508-696-3846

Falmouth Retirement Board 508-457-0578

Massachusetts Teachers Retirement System 617-679-6887

If you are actively employed and are considering retirement in the next 6 months you should contact your appropriate Retirement Office. The process can take time and you don't want to be met with any surprises!

In addition to both Blue Cross and Harvard Pilgrim Products, CCMHG offers Tufts Health Plan to **members over 65 and retired.**



TUFTS
Health Plan

Tufts HealthPlan is proud to partner with
Cape Cod Municipal Health Group

As the only Massachusetts plan to receive Medicare's highest rating of 5 out of 5 stars four years in a row, Tufts Health Plan is the local plan nationally recognized for its commitment to providing innovative, high-quality health care coverage. Based in Watertown we are committed to our mission of improving the health and wellness of the diverse communities we serve. With a range of plans to meet different needs and budgets, we can help you find the plan that fits you best:

- Thousands of doctors and specialists
- Plans start at \$0 a month
- Up to \$400 in wellness reimbursements
- \$150 eyeglasses reimbursement
- Prescription drug coverage
- Preventive dental coverage
- And more

For more information call 1-800-936-1902 or visit thpmp.org. Every year, Medicare evaluates plans based on a 5-Star Rating System. Tufts Medicare Preferred HMO plans received 5 out of 5 stars for contract years 2016, 2017, 2018, and 2019. Tufts Health Plan is an HMO plan with a Medicare contract.



Cape Cod
Municipal Health Group



Harvard Pilgrim
HealthCare

Take part in the Cape Cod Municipal Health Group Incentive Program!

Make regular preventive health screenings a priority in your life and earn an incentive. Cape Cod Municipal Health Group subscribers and spouses can earn an incentive for completing the appropriate, recommended preventive screenings:

- Health Screening: Subscribers and spouses who have a cholesterol and blood pressure screening at their doctor's office will be eligible for a chance to win one of 300 **\$50 American Express Gift Cheques.**
- Mammogram: Women subscribers and spouses age 40 and over (or recommended by a physician) who have a mammogram will receive a **\$50 American Express Gift Cheque.**
- Colonoscopy: Subscribers and spouses age 50 and over (or recommended by a physician) who have a colonoscopy will receive a **\$100 American Express Gift Cheque.**

Your participation in the incentive program is completely confidential. Your employer will not be notified if you do or do not participate.

Here's how you can earn your incentive:

1. Complete all appropriate health screenings between **July 1, 2025 – June 30, 2026.**
2. Have your health care provider sign and date the certification form for each screening you complete.
3. When you have completed all applicable screenings, return the original certification form to:
**LMR Processing Center
P.O. Box 3624
Plymouth, MA 02361-3624**
4. Returned form must be postmarked by **July 6, 2026** You can submit one form only.
5. You will receive your Gift Cheque approximately 6–8 weeks after receipt of your certification form.

**Prevention and early detection saves lives.
Schedule your screening today!**



¹ Health Screening Drawing will be held in July 2026.



Cape Cod
Municipal Health Group



July 2025



Scan this QR Code to Download



Cape Cod Municipal Health Group Incentive Certification Form

Complete all that apply. Please note that this incentive program is only for employees and spouses of municipal units that participate in **Cape Cod Municipal Health Group**.

Health Screening

I certify that the member has had a cholesterol screening and blood pressure screening between **July 1, 2025– June 30, 2026**.

Signature of licensed healthcare provider Date Completed

Mammogram

For women subscribers and spouses age 40+ (or recommended by a physician) I certify that the member has had a mammography screening between **July 1, 2025– June 30, 2026**.

Signature of licensed healthcare provider Date Completed

Colonoscopy

For subscribers and spouses age 50+ (or recommended by a physician) I certify that the member has had a colonoscopy screening between **July 1, 2025– June 30, 2026**.

Signature of licensed healthcare provider Date Completed

Address for Gift Cheque mailing purposes:

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Town/Group subscriber works for: _____

Employer Contact Directory



Organization	Contact	Phone
Town of Barnstable	Benefits Administrator	508-862-4689
Barnstable County	Benefits Administrator	508-375-6647
Barnstable County Retirement Assoc	Executive Director	508-775-1110
Barnstable Fire District	Treasurer	508-362-6489
Bourne Recreation Authority	Treasurer	508-579-8905 (ex. 7)
Bourne Water District	HR Office	508-563-2297
Town of Brewster	Benefits Administrator	508-896-3701 (ex. 1116)
Buzzards Bay Water District	Treasurer	508-759-4631
Cape Cod Collaborative	HR Office	508-420-6950 (ex 1122)
Cape Light Compact JPE	Finance Office	508-375-6636
Cape Cod Lighthouse Charter School	Business Office	774-408-7994 (ex.104)
Cape Cod Regional Technical School	Benefits Administrator	508-432-4500 (ex. 235)
Cape Cod Regional Transit Authority	Benefits Administrator	508-775-8504
Centerville Osterville Marston's Mills Fire District	Treasurer	508-957-8235
Town of Chatham	Benefits Administrator	508-945-5146
Cotuit Fire District	Assistant Treasurer	508-420-3000
Town of Dennis	HR Director	774-352-1260
Dennis Water District	Treasurer	508-398-3351
Dennis-Yarmouth Regional School District	Benefits Manager	508-398-7612
Town of Eastham	HR Office	508-240-5900 (ex. 3220)
Town of Falmouth	Benefit Administrator	508-495-7334
Town of Harwich	Benefits Administrator	508-430-7501

Employer Contact Directory



Organization	Contact	Phone
Hyannis Fire District	Benefits Administrator	774-368-1688
Town of Mashpee	Benefits Administrator	508-539-1500
Mashpee Water District	Treasurer	508-477-6767
Monomoy Regional School District	HR Coordinator	508-945-5148
Nauset Regional School District	HR Coordinator	508-255-8800 (ex. 150)
North Sagamore Water District	Treasurer	508-888-1085
Town of Orleans	Benefits Coordinator	508-240-3700 (ex. 2340)
Town of Provincetown	HR Manager	508-487-7000
Sandwich Water District	Administrator's Office	508-888-2771 (ex. 2153)
Town of Truro	Assistant Treasurer	508-214-0922
Veteran's Services of Cape Cod	Administrator's Office	508-778-8742
Town of Wellfleet	HR Director	508-349-0246
West Barnstable Fire District	Administrator's Office	508-887-6816
Town of Yarmouth	Benefits Administrator	508-398-2231 (ex. 7015)



Employer Contact Directory



Organization	Contact	Phone
Town of Chillmark	Treasurer	508-645-2106
Town of Edgartown	HR Director	508-627-6150
Town of Aquinnah	Administrator's Office	508-645-2301
Town of Gosnold	Administrator's Office	508-696-1810
Martha's Vineyard Public Charter School	Business Office	508-693-8141
Martha's Vineyard Refuse	HR Office	508-627-4501
Martha's Vineyard Commission	Administrator's Office	508-693-3453 (ex.12)
Martha's Vineyard RSD	Superintendent's Office	508-693-1033 (ex. 294)
Town of Oak Bluffs	Administrator's Office	508-693-3554 (ex. 102)
Oak Bluffs Water District	Office Administrator	508-693-5527
Town of Tisbury	HR Office	508-696-4201
Martha's Vineyard Land Bank	Administrator's Office	508-627-7141
Martha's Vineyard Regional Transit Authority	Administrator's Office	508-693-9440 (ex. 110)
Upland RSD	Administrator's Office	508-693-2007 (ex.14)



This document is designed specifically for the Cape Cod Municipal Health Group members by Deanna L. Desroches, Wellness Consultant, Cape Cod Healthy Connections, LLC.