



# WELLNESS WORKS *around the state*

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SUMMER 2010

## How Do I get Quality Care? Ask. Learn. Decide.

There are so many options to consider when choosing a physician to meet the needs of you and your family. How do you find the best option for you? The Maine Health Management Coalition (MHMC) is a group of Maine employers, doctors, health plans and hospitals working to improve the safety and quality of Maine healthcare. The Coalition has over 50 members and represents over 200,000 Maine workers. The Maine Municipal Employees Health Trust is an active member of this organization.

The MHMC website offers some helpful resources including some easy to use tip sheets which can be read on-line or downloaded. Some titles include *Consider Surgery Carefully* and *Get Checkups and Medical Tests Right For You*. Most sheets feature an “ask, learn, decide” format to help you explore your own personal situation. For a direct link to these resources, please visit the MMEHT website at [www.mmeht.org](http://www.mmeht.org) then click on “What’s New” then *Maine Health Management Coalition-How Do I Get Quality Care?*

For example, the *Choosing a Primary Care Doctor* tip sheet features a step-by-step checklist starting with how to find a high-quality practice (and what that means) and what to ask the practice and doctor. By knowing *what* to ask, you can *learn* about the options and yourself, and then you can *decide* on the best fit for you.

There shall be eternal summer in the grateful heart.  
-- Celia Thaxter



## Health Trust Staff Updates

We are pleased to announce some updates and changes within Health Trust Services. Please see below for recent activity in three of our four divisions.

**Member Service** – Former Senior Member Service Representative, *Lisa Rigoulot* recently accepted a promotion to *Manager*. Lisa will draw on her 12 years within the department to supervise the operations and staff of our friendly and helpful Health Trust member service team including *Michelle York, Karen Guillemette, Jen LaChance,* and *Nicole Ouellette*. We welcome Lisa to her new role and look forward to her future contributions.

**Field Service** – *Susan Smith* decided to return to a full-time Field Service Representative position (due to the retirement of Gail Schroeder). Susan will be working with our employer groups in Aroostook, Hancock, Kennebec, Penobscot, Piscataquis, Somerset, Waldo, and Washington counties. We thank Susan for her flexibility and service during this past year of transition. *Debbie Bridges* will serve employer groups and their employees in Androscoggin, Cumberland, Franklin, Knox, Lincoln, Oxford, Sagadahoc, and York counties. In total, the Health Trust services over 450 participating employer groups and their employees in Maine.

**Eligibility and Billing** – We are pleased to welcome *Linda Clary* to the Health Trust as an **Office Assistant**. Linda will be working with *Terry LaChance* and her team including *Linda Mack, Melanie Ingraham,* and *Sharon Reardon*, to assist our employers and members with eligibility and billing items and issues.

Please visit our website at [www.mmeht.org](http://www.mmeht.org) and select “Contact Us” to get a glimpse of what each Health Trust division does for you.

## Summer 2010

### What’s Inside:

Telephonic Diabetes Education and Support Program.....	2
Important Update – Affordable Health Care Act and Young Adult Coverage .....	3
Staying Active on the Road .....	4
Take Two Jokes and Call Me in the Morning .....	4
Sun Smart Recreation .....	4
Health Trust Annual Meetings .....	5
Fight the Bite.....	5
Summer Survival.....	5
Quarterly Check-up: Watch Your Weight.....	6
The “Biggest Loser” comes to Sanford as an Incentive Program.....	7
Recipe Corner: Ranch Chicken.....	7
Newsletter Search Contest.....	8
2010 Annual Notices.....	Green Pages

# Telephonic Diabetes Education and Support Program

*“Anyone who has diabetes should get into this program.”* MMEHT Member November 2009.

The sixth leading cause of death, diabetes is a serious and growing health problem across the county. There is no cure for diabetes and daily medications only offer symptom relief if used in conjunction with meticulous health habits. Practicing daily self-care tasks competently and confidently is the best “treatment” for persons with diabetes.

In 2009 the Maine Municipal Employees Health Trust contracted with Medical Care Development, Inc. in order to offer to Trust enrollees an innovative and locally-delivered diabetes self-management education and support program. **T**elephonic **D**iabetes **E**ducation and **S**upport program is designed to improve the health and well-being of persons with diabetes and reduce the overall cost of health care for persons with diabetes through education, coaching, and self-management support over a twelve month period. It offers a waiver of prescription drug copayments for diabetes medication and supplies while participating in the program.

**Who are the local educators that a person might work with?** This article will feature two local educators from the more than 20 facilities available throughout the state of Maine.

## PENOBSCOT COUNTY

**Mark Robinson is a Registered Dietitian and Director of Clinical Nutrition** at Penobscot Valley Hospital in Lincoln. Prior to beginning his career in dietetics, Mark served in the United States Marine Corps. Mark began his career at the VA Medical Center in Tucson, Arizona, where he found working with other veterans to be a rewarding experience. Mark has practiced clinical nutrition in both acute and long term care settings, and has also worked with implementation of clinical and food service nutrition information systems. Mark has been at Penobscot Valley Hospital for three years. In his current position, Mark works with hospital inpatients as well as residents of local long term care facilities. Mark provides nutritional counseling and diabetes self management education on an outpatient basis to a variety of clients in the Lincoln area.



**Sherry McCafferty R.N. and Mark Robinson** provide ADEF services at Penobscot Valley Hospital, including outpatient diabetes self-management education and group classes offered on a quarterly basis. In addition Penobscot Valley Hospital offers a biweekly diabetes exercise group and hosts a monthly diabetes support group for persons with diabetes in the Lincoln area.

## ANDROSCOGGIN COUNTY

**Monique Hebert, RN, CDE, Diabetes Nurse Educator** is a member of the Diabetes Education Team at Central Maine Endocrinology and Diabetes Center. She has worked at Central Maine Healthcare for the past 28 years. She has been working in the field of diabetes for the last 15 years, and has been a Certified Diabetes Educator for the last 13 years. She also has certifications in insulin pump therapy and the use of continuous glucose sensors.

Monique frequently does presentations to the community on various topics on diabetes. She believes that “Knowledge is Power” and that if a person with diabetes, or their family member learn about the illness they will have the tools to take control of the illness and not have diabetes take control of their lives. She also believes that diabetes education should be individualized to meet the learning needs of the person seeking out information on diabetes.

This is one of the many reasons she recommends the TDES program: it allows the participant to choose the order in which the topics are reviewed; and allows the educator to incorporate the participant’s lab result, treatment regimen and specific circumstances and relate it to the specific topic. She also likes the support that the educator can give to the participant each month. Participants have told her that they have found the emotional support, help with troubleshooting a problem, or setting goals as helpful, and as important, as the education component of the program.

The other members of the diabetes education team at Central Maine Endocrinology and Diabetes Center also include **Christopher Iris RN**, Diabetes Nurse Educator and **Ellen Dionne, RD, LD, CDE**, a dietician who is also a Certified Diabetes Educator.



For more information regarding the TDES program, please visit the Health Trust website at [www.mmeht.org](http://www.mmeht.org) or contact a Health Trust Member Service Representative at [htservice@memun.org](mailto:htservice@memun.org) or 1-800-852-8300.

# **IMPORTANT UPDATE**

## **Affordable Health Care Act and Young Adult Coverage**

With Congressional approval, the President signed into law the Affordable Care Act in March 2010, which put in place comprehensive health insurance reforms. One provision involves extending medical coverage for young adults to be covered under their parent's employer-sponsored medical plan until age 26.

In early May, the Departments of Health and Human Services, Labor, and Treasury issued interim final rules regarding the upcoming mandate and clarified several issues about this requirement. The IRS has also cleared the way for age 25 tax dependents. The mandate generally takes effect for plan years starting on or after September 23 or on January 1, 2011 for Maine Municipal Employees Health Trust (MMEHT) medical plans. The rules bar plans from charging more for this coverage than what similarly situated adults pay or imposing other eligibility terms, such as marital or student status, on children under age 26. The guidance also creates notice and special enrollment duties.

Today, MMEHT medical plans generally allow a child to be covered between age 19 and under age 25 as long as a child is primarily dependent on the employee for support and maintenance. When the new rule is fully implemented in the future, Trust plans will have broader eligibility provisions allowing young adults to remain on their parent's plan up to age 26.

### **Early Re-Enrollment Option during July 2010**

In an effort to minimize any medical coverage gaps for these older dependents, the Federal Government suggested adopting some provisions prior to the required effective date. The Board of Trustees authorized offering employees an early option to re-enroll their formerly covered children who were terminated off the plan when they became age 25 in the year 2010. This option will allow a child to be covered by an employee's medical plan as long as the child continues to be primarily dependent on the employee for support and maintenance. In general, the effective date of enrollment will be no later than August 1, 2010.

### **What Should I Do to Re-Enroll My Qualified Age 25 Dependent?**

The Health Trust mailed customized letters and forms to employees that had dependents that aged off their medical plans up through July. If you think you should have received a letter and did not, please contact your employer or the Health Trust for assistance.

### **What About My 24 Year Old Dependent?**

If you have a current dependent child on your medical plan who is age 24 and will be reaching age 25 between August 1, 2010 and December 31, 2010, coverage will be automatically extended through 2010.

### **Special Enrollment Period during December for January 1, 2011**

Employees will have an additional opportunity to enroll their age 25 dependents that have not been covered under their plan in 2010. This special enrollment period will happen during the annual enrollment period which is in December for January 1 effective date. More information will be available in November.

### **Who Do I Call For Questions?**

Please contact a Health Trust Billing and Enrollment Representative at 1-800-852-8300 or [htbilling@memun.org](mailto:htbilling@memun.org) with any questions.

## Staying Active on the Road

Do you have any family road trips planned for the summer? If you said yes, you are not alone. Millions of Americans will hit the roads this summer looking for a break from the heat and some adventures along the way. Before you decide to kick up your feet and lounge on the beach all day, remember it is important to stay active even while relaxing and vacationing!

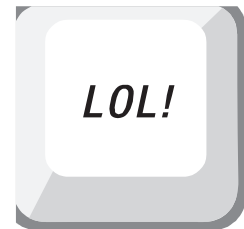
- **Look for fitness facilities.** If you are planning to stay at a hotel, be sure to ask about available fitness facilities. Many have a pool for swimming laps, aerobics classes, weight-training equipment and jogging/walking maps of surrounding areas.
- **Take a nature walk or hike with the entire family.** See who can spot the greatest variety of birds along the way or create a scavenger hunt for the whole family to enjoy.
- **Bring sports equipment for the entire family.** A badminton or croquet set, a volleyball or Frisbee, snorkeling gear and tennis rackets always add up to fun and exercise!
- **Bring a bike.** If you are doing a lot of driving, be sure to plan to stop for a ride through the countryside on your bicycle. Don't forget to pack your bike helmets and water bottles.
- **Let the kids plan.** If you are traveling with children, they will really love the responsibility of planning a family activity that gets everyone moving. A kickball game, catch, relay games, hopscotch, or tag are great ways to get moving and enjoy each other.
- **Pack for fitness.** Be sure to pack exercise clothing, walking or jogging shoes, comfortable clothes, a bathing suit, water bottles, and anything else you may need to ensure that you will be active while away from the comforts of home.

For more ideas to fit in fitness while on the road, visit the Mayo Clinic at: <http://www.mayoclinic.com/health/health-tip/HT00518>

## Take Two Jokes and Call Me in the Morning...

A good laugh can lower your blood pressure, reduce tension, and produce brain chemicals that improve your sense of well-being. Here are some simple tips to strengthen your funny bone:

- Look for the silly and unexpected things that are part of everyday life.
- Watch infants, young children, and even your pets to learn how to find delight in ordinary things. Have you ever seen a toddler taste something for the first time?
- If you hear a joke, write it down or tell it to someone else to help you remember.
- Take a laughter break every day. Read jokes and funny stories, or listen to a funny CD.
- Keep a list of funny movies so you can check one out when your mood needs lifting.
- Spend time with people who help you see the lighter side of things.
- Distinguish between healthful humor, which usually pokes fun at oneself and situations, and harmful humor, which pokes fun at other people or groups and often includes sarcasm and putdowns.



## Sun Smart Recreation

With rates of skin cancer increasing in Maine, the need for sun protective coverings has become more apparent. Using shade, sun screen, and protective clothing to protect your skin from the harmful UV rays of the sun is a great way to combat skin cancer. Recently, a cooperative grant from the federal Centers for Disease Control was distributed through the Maine Cancer Consortium to fund the development of shade structures for recreation programs across the state. A total of \$31,500 in grant money was distributed to promote sun safety in the towns/cities of: Freeport, Lisbon, Portland, Winslow, Caribou, Lewiston, Bucksport, Kennebunk, Buxton, Kennebunkport, Berwick, Old Town, and Bowdoinham. Congratulations to all the recipients and thank you for promoting a sun safety message to our youth and community members!

# Health Trust Annual Meetings

Every year in August, the Maine Municipal Employees Health Trust offers a series of Annual Meetings at three regional locations around the state. These meetings allow Health Trust staff the privilege to personally connect with members and provide a formal report on program operations, finances and activities. They also provide Health Trust participants an opportunity to raise questions or issues of concern.

The Health Trust 2010 Annual Meetings will be held on the dates and at the locations listed below.

DATE	LOCATION	TIME
<b>Monday, August 2, 2010</b>	Aroostook County <b>Presque Isle City Hall</b> Council Chambers	<b>9:30 am</b>
<b>Wednesday, August 4, 2010</b>	Kennebec County <b>Maine Municipal Association</b> Conference Room	<b>9:30 am</b>
<b>Thursday, August 5, 2010</b>	Cumberland County <b>Scarborough Town Office</b> Council Chambers A	<b>9:30 am</b>

To help plan for adequate seating, it would be helpful to contact us to confirm your attendance. Please call the Health Trust at 1-800-852-8300 or e-mail at [htservice@memun.org](mailto:htservice@memun.org) or sign-up directly on our website under “What’s New” at [www.mmeht.org](http://www.mmeht.org).

Please note: these meetings are separate from the Health Trust Retiree Workshops. All retirees will be receiving a separate notice mailed to home addresses regarding the Retiree Workshops being scheduled for early Fall.

## Fight the Bite

Anybody seen a tick or mosquito lately...or even felt the bite? The Health Trust *Wellness Works* team developed a wonderful one-page flyer to assist members in understanding the symptoms and resources for **Lyme Disease** and **West Nile Virus**. In short, using insect repellent can protect you from serious mosquito and tick-borne diseases. The handout includes short sections and resources such as *What is Lyme Disease?* and *What is West Nile?* and how to protect yourself including preventative actions and a link to an up-to-date list of licensed companies offering tick and mosquito control services. Check it out on the Health Trust website at [www.mmeht.org](http://www.mmeht.org) and click on “What’s New” to link right to the page.



## Summer Survival

We look forward to enjoying the warmth and sunshine of the summer months all year long, but if you aren’t careful you may end up enjoying the summer from the inside! There are a lot of health and safety hazards during the summertime. *Wellness Works* has created a booklet, *Summer Survival*, to help reduce your risk and ensure that you have a fun-filled summer. To order this *free* booklet, contact Amanda Collins at 1-800-852-8300 or via e-mail at [acollins@memun.org](mailto:acollins@memun.org).

# Quarterly Check-up: Watch Your Weight

## THE BASICS

To stay at a healthy weight, you need to balance the calories you eat with the calories you use up (or burn). To lose weight, you need to use more calories than you eat. A healthy diet and physical activity can help you reach your goal.

### HOW DO I KNOW IF I'M EATING THE RIGHT NUMBER OF CALORIES?

The calories you need every day is based on your age, height, and activity level. To find out how many calories you need each day, visit [www.mypyramid.gov](http://www.mypyramid.gov).

### HOW DO I KNOW IF I'M OVERWEIGHT?

Finding out your body mass index (BMI) is the best way to learn if you are overweight or obese. You can find a BMI calculator at [www.nhlbisupport.com/bmi/bmicalc.htm](http://www.nhlbisupport.com/bmi/bmicalc.htm).

### WHAT CAN LOSING WEIGHT DO FOR ME?

If you are overweight or obese, losing just 10 pounds may lower your risk of:

- Type 2 diabetes
- Heart disease
- High blood pressure
- Early death

Plus, eating healthy and being physically active can give you more energy throughout the day. Getting active and eating healthy foods can also help you:

- Lower your blood pressure
- Lower your blood sugar
- Raise your "good" cholesterol
- Lower your "bad" cholesterol
- Prevent heart and blood flow problems that can lead to heart disease and nerve damage

## TAKE ACTION!

Make a promise to eat well, move more, and get support from family and friends. If you need to lose weight, do it slowly over time. Try losing 1 to 2 pounds a week. Remember: To lose weight, you need to eat fewer calories than you burn.

### • **Talk to a doctor.**

If you or a loved one is planning to lose weight, talk to a doctor. Your doctor will explain your options and discuss any restrictions you may have.

### • **Keep a weight diary.**

Write down:

- What you eat
- When you eat
- How much you eat
- Your physical activity
- Your weight

When you know your habits, it's easier to make changes.

### • **Make healthy eating easy.**

Choose low-fat or non-fat versions of your favorite foods.

### • **Get active**

Keep physically active to balance the calories you take in with the calories you use.

- Aim for 2 hours and 30 minutes of activity a week.
- Try to be active for 30 minutes 5 times a week.
- If you don't have time for 30 minutes of exercise, get moving for shorter 10-minute periods throughout the day. Walking for 10 minutes burns about 50 calories.

### • **Eat smaller portions.**

Eating healthy food is important. But you also need to pay attention to how much food you eat. Here are some tips:

- Eat small, healthy snacks during the day. This will keep you from over-eating at mealtimes.
- Put a small amount of food in a bowl instead of eating out of the bag or package.
- Serve food on plates and leave the main dish on the stove. You will be less tempted to go back for seconds.
- If you are eating out, only eat half of your meal. Take the other half home with you.
- Read the label to find out how many servings are in a package. There may be more than one!
- Eat slowly- this will give you time to feel full.
- Don't eat in front of the TV. It's harder to keep track of how much you are eating.

## START TODAY: SMALL STEPS

- Find out the number of calories you need to eat each day.
- Try out new, healthy recipes.
- Use the tips listed above to help you watch your portion sizes and increase your activity.

*Source: National Health Information Center, [www.healthfinder.gov](http://www.healthfinder.gov)*

## The “Biggest Loser” comes to Sanford as an Incentive Program

Sanford employees were looking for a way to lose weight but they could never get the required minimum of 15 participants to hold an on site weight loss program. Tracy Levangie and the Sanford Wellness Committee took things into their own hands and created a weight loss incentive program based on the well known “Biggest Loser” reality show.

The Wellness Committee decided this would be a great way to help their employees without worrying about having to pay high fees to join a weight loss program. Sanford’s “Biggest Loser” sessions last for 12 weeks and participants weigh in on a weekly basis. It costs \$10 to join and whoever loses the most weight at the end of the 12 weeks receives the “cash pot” from the joining cost and penalty fees. To motivate employees to weigh in each week, there are a few catches: you have to pay \$1 if you gain any weight; but if you skip your weigh-in altogether, then you have to anti-up \$3. It’s definitely more cost effective to do the weigh-in than skip the weigh-in.

The Sanford Wellness Committee ran this program from October to December 2009 with a female winner losing 15 pounds! Their last session went from January to April 2010 with a male winner losing 20 pounds! The Committee plans to kick off another session this Fall. The ages of their participants ranged from 30 to 60 and half of the participants lost between 3 to 20 pounds! Tracy says, “This weight loss program has increased morale and motivated employees to get healthy.” In fact, she has two people that continue to weigh in weekly to stay motivated until the next session.

After hosting the *Wellness Works* class, **Plan Before You Plant**, the Committee decided to encourage healthy eating through the summer months by creating a Bucket Garden. A local vendor donated 25 five-gallon buckets for employees to plant vegetables in. Tracy says, “Our vegetables are thriving. Employees take turns watering and thinning out the vegetables. So far we have peas, cucumbers, peppers, onions, sunflowers, radishes, carrots and corn one foot high!”

Congratulations to the Town of Sanford Wellness Committee and employees for their innovation and accomplishments. Keep up the great work!

*A grant from Wellness Works, the health education and promotion program of Maine Municipal Employees Health Trust, provided the necessary funding to help offset the cost of the program that the Town of Sanford offered. If you would like more information on how to get a Wellness Program started at your worksite, please contact Anne Charles at 1-800-852-8300 or via e-mail at [acharles@memun.org](mailto:acharles@memun.org).*

### Recipe Corner: Ranch Chicken

Looking for a way to turn your boring chicken into something the whole family enjoys? Try this easy, low-fat way to prepare your chicken!

#### Ingredients:

- 4 Boneless, skinless chicken breasts
- 1 Cup plain non-fat yogurt
- 1/4 Cup skim milk
- 1/2 Package of dry ranch dressing mix

#### Preparation:

Combine yogurt, milk, and ranch mix. Mix well. Put chicken in a plastic sealable bag, pour yogurt mixture over it. Seal and refrigerate at least 1 hour.

Grill over medium flame 20 minutes, or until done, turning once.

#### Nutritional Information:

**Calories:** 308 **Total Fat:** 3g **Saturated Fat:** 1g **Polyunsaturated Fat:** 1g **Carbohydrates:** 7g **Protein:** 59g **Vitamin A:** 21RE **Vitamin C:** 3mg **Calcium:** 165mg **Sodium:** 458mg **Iron:** 2mg **Fiber:** 0g

For more quick and healthy recipes, visit [www.mealsmatter.org](http://www.mealsmatter.org).





## WELLNESS WORKS

Maine Municipal Employees Health Trust  
60 Community Drive  
Augusta, ME 04330

PRSR STD  
U.S. POSTAGE  
PAID  
Augusta, ME  
PERMIT #195

Visit our website at  
[www.mmeht.org](http://www.mmeht.org)

---

The **WELLNESS WORKS Around the State** Newsletter is a publication of the Maine Municipal Employees Health Trust (MMEHT), 60 Community Drive, Augusta, ME 04330. Editor: Anne Charles; Desktop Publishing: Sally Joy; Contributing Writers: Karen Childs, Amanda Collins, Abby DiPasquale and Danielle Yale. Phone: 1-800-452-8786 (in Maine), 207-623-8428 (out of state).

---

### Newsletter Search Contest

Do you want a chance to win a *Wellness Works* gym bag? Take a few minutes and answer the following questions (all answers can be found in articles in this newsletter). Send the answers along with your name, address and phone number to: *Wellness Works*, 60 Community Drive, Augusta, Maine 04330. You can also e-mail your answers to us at: [wellness@memun.org](mailto:wellness@memun.org). Entries must be received by August 1, 2010. One winner will be drawn at random.

**Congratulations to Ronald L. Whary, an employee of the Winslow Police Department, who won the Spring Newsletter Search Contest!**

Your Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Employer (or former employer, if you are a retiree): \_\_\_\_\_

1. Name two ways laughing can improve your health: \_\_\_\_\_

2. List three ways to stay active while on vacation: \_\_\_\_\_  
\_\_\_\_\_

3. List three strategies to lose weight: \_\_\_\_\_  
\_\_\_\_\_

4. List four health benefits of losing weight \_\_\_\_\_  
\_\_\_\_\_

