

Summer 2022

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2022 Wellness Program – One, Two, You Know What To Do



The 2022 Wellness Program will follow the same familiar and effective format as last year. Employees, retirees, and their spouses on an MMIA Employee Benefit (EB) medical plan can earn up to \$200 each (\$50 for each activity below) on a physical gift card sent at the end of the calendar year, if they are still enrolled in the medical plan at the time the cards are sent. Here are all the ways you can earn money:

1

Get a screening, get money!

Complete a Health Screening at the Montana Health Center or ISWM event between July 1 and September 30.

2

Watch a video, get money!

View the 10 minute Wellness Education video then take the quiz by September 30.

3

Talk with a health coach, get more money!

Review your Health Screening results in a one-on-one call with a Take Control health coach by November 4.*

4

Get 80% of the employees in your city/town to get a screening, we give you all more money!

Achieve 80% or higher Employee Participation for your city/town in the Health Screening.

We are keeping vitamin D testing on the panel again this year, so you can compare the results with last year's and see if you were able to maintain sufficient levels or make an improvement.

MMIA is looking forward to another great wellness campaign! Feel free to call Employee Benefits at 1-800-635-3089 option 4 if you have any questions. All program activities can be found at www.mmiaEB.net/wellness.

This program is developed in compliance with the EEOC wellness rules. For more information, view our EEOC Notice posted on our website. ■



* Make sure to schedule your review call appointment for three weeks after you get screened! Don't wait until the last minute, as scheduling availability is limited.

Take Control Participant Success Spotlight

Tell me if this sounds familiar—you've lost weight in the past, only to see it slowly creep back over time. You struggle to find the time and energy to keep it off for good and the cycle continues. This was Bonnie's experience and she wanted to change that narrative for good. With the steady re-gain of weight along with an increasing risk of a diabetes diagnosis and high blood pressure, she knew it was time to act.

Working with Coach Linda at Take Control, she realized dieting wasn't her answer—it was a lifestyle change that she needed. Bonnie recalls, "I was nervous when I started because I would be talking to someone I didn't know. Coach Linda made me feel comfortable right from the beginning and gave me positive feedback. I found I looked forward to our calls together."

Coach Linda noted that any health improvement journey is not a linear path. The ups and downs of everyday living can either support or sabotage your efforts. Some new tools Bonnie learned to support her efforts included inspirational podcasts, mindfulness with portion sizes and intuitive eating especially when it came to sweets. A giving person by nature, she also found it was okay to put herself and her health first sometimes, and that she was worth the effort.

The true measure of success is determined in the way Bonnie felt—the lifestyle and mindset, but there was also ample data to back up those positive feelings to reinforce her improved health and wellness.

- Total weight loss of 26 lbs.
- Reduced blood pressure from hypertension to within the optimal range
- Decreased sugar intake by portion control, not avoidance
- Reduced stress levels ... during a pandemic
- Improved quality of sleep

Coach Linda and the other amazing health coaches at Take Control also perform the personalized and



Bonnie, a Take Control Participant

insightful 15-minute Health Screening Review calls following your Health Screening. Sign up for the each at mmiaeb.net/wellness.

If your screening results reveal any of the following, you qualify to take part in this more in-depth free program just like Bonnie:

- BMI 28.5 or higher
- Blood pressure systolic 126 or higher and diastolic 86 or higher
- LDL cholesterol close to 130 or higher
- A1c of 6.5% or higher



takecontrol

Customized Plans. Individual Results. Real Savings.™

Call Take Control to learn more and see if you qualify: 800-746-2970 ext. 1 or check out their web site at takecontrolmt.com. ■

You Snooze, You ~~Lose!~~ *Gain!*

Sleep. It's what's after dinner. Though we spend roughly a third of our lives sleeping, many of us rarely give a second thought about how we can improve sleep quality or the health ramifications that come from a lack of good sleep.

I mean, it happens in the background, literally while we're sleeping. But by the time you are 50 years old, the time you've spent sleeping can legally have its own driver's license (well maybe not legally). Taking a little time to refine your sleep hygiene can pay huge dividends with your overall health.

The Center for Disease Control (CDC), National Institute of Health (NIH) and most other reputable sources agree: seven hours seems to be the magic number. Anything less, and you run a much greater risk of developing a myriad of diseases/disorders like obesity, stroke, heart attack/disease, asthma, COPD, arthritis, depression, and diabetes to name a few.

Sleep is a time many of your body systems use to recharge and repair. Dr. Kenneth Wright, a sleep researcher at the University of Colorado explains, "There are certain repair processes that occur in the body mostly, or most effectively, during sleep. If you don't get enough sleep, those processes are going to be disturbed."

Here are some tips for your best ZZZs:

- **Consistent consistency.** Try to go to bed at the same time each night and wake up the same time every morning, including weekends. 'Catching up' with more sleep on the weekends doesn't help, either. There is not a substitute for the consistent schedule performed each day.
- **Create a sleep-friendly atmosphere** in your bedroom: quiet, dark and a comfy temperature.
- **Remove electronics** like TVs, computers and ideally smartphones from the bedroom. If you must have the smartphone with you,



select the 'dark' or 'night' or 'blue light filter' mode in your settings in the hour before you're looking to sleep.

- **Avoid large meals, caffeine (6-8 hours before) and alcohol before bedtime.** Don't be fooled, alcohol does help you fall asleep, but disrupts later cycles creating poor overall sleep quality.
- **Exercise.** Physical activity during the day can help you fall asleep more easily at night.
- **Develop a 'wind down' routine** for a half hour/hour as you get ready for bed. Turn off electronics, maybe finish some light cleaning, read, stretch etc.

What to do if you can't sleep?

Counting sheep? Nah. Try relaxation techniques like controlled breathing, meditation/mindfulness, or progressive muscle relaxation. If you are in bed trying to sleep for 20+ minutes without success, get up and go to a different part of your house and do something different such as reading or listening to relaxing music.

These suggestions should get you to a good place with your sleep hygiene. However, if you are having trouble even when trying these tips or are getting nine plus hours of sleep a night and not feeling rested, then it would be time to consult a doctor. ■



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Wellness Screening Testimonials



“I have screened with ISWM for many years. Last year, I spent some time reviewing the trending results in my health screening report. I realized that over the past five years my weight, fasting blood sugar, hemoglobin A1c (indicative of pre-diabetes), cholesterol and triglyceride levels had all been moving a little every year such that now they were all well outside the normal range. I decided it was time to change so I lost weight, started exercising 5 days a week and changed my diet significantly. This year when I reviewed my results, all those lab values were either in the normal range or moving the right direction. Without these annual results, I would never have changed things around.”

– 2021 MMIA Wellness Program Participant

“I likely would not be writing this today if I had not attended an ISWM Health Screening. The day after attending I received a phone call alerting me to my abnormal blood results. I was directed to my primary care physician and learned that I had a form of leukemia. I was able to begin treatment immediately. I am very grateful for the service provided by MMIA.”

– 2021 MMIA Wellness Program Participant

Visit www.mmiaEB.net/wellness for full program details and information about how to schedule your Health Screening.