

Mayflower Municipal Health Group

BEneficial WELLness NEWS

ISSUE 4

FALL 2013

HOT TOPICS:

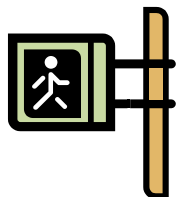
- **NEW-
Healthcare
Consumerism
Corner**
- **Check out
Member
Deals!**
- **Complete the
MMHG Word
Search for a
chance to win
a prize.**

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& More!!!!

MMHG Fall Walking Challenge—



Sept. 23rd– Nov. 4th

Signing up is easy:

~Go to:
www.walkingworks.com and click "Sign Up"
~Click "Yes" when asked if you are participating through a special program or your workplace
~Select "Massachusetts, Blue Cross and Blue Shield" for your Plan (you do not need to be enrolled in Blue Cross and Blue Shield to participate)
~Select "Mayflower Municipal Health Group" for your Group and "Fall Walking Challenge" for your Program
~Select your "Town or Governmental Unit" for your Team
~Complete the registration information and click "Submit"

No Excuses. Sign up Now!

All employees, retirees (and their spouses) of MMHG member units are cordially invited to participate in the MMHG Fall Walking Challenge beginning September 23rd and ending November 4th.

WalkingWorks is a 6 week program with online tracking. It's a fun and easy way for walkers of all skill levels to set goals and track their progress. Participants will receive weekly motivational emails with new challenges. This Fall walkers can win a prize in the weekly raffles in addition to the grand prize raffle.

Weekly Raffles:

**October 1st– 2 \$15 Gift Cards
Dick's Sporting Goods**

(for participants who log miles walked week of Sept 23-29)

**October 8th– 5 \$10 Gift Cards
Target**

(for participants who log miles walked week of Sept 30-Oct 6)

October 15th– 2 \$15 iTunes

Gift Cards

(for participants who log miles walked week of Oct 7-13)

**October 22nd– 2 \$15 Gift Cards
Dick's Sporting Goods**

(for participants who log miles walked week of Oct 14-20)

**October 29th– 2 \$15 Gift Cards
Target**

(for participants who log miles walked week of Oct 21-27)

Participants are eligible for weekly raffles if they log in miles/steps during the week as indicated on schedule above. For example, to be eligible for October 1st raffle participant must log miles/steps during week of September 23-30. Participants who log miles/steps each week are eligible for all 5 weekly drawings.

Grand Prize Raffle– November 7th:

iPOD Shuffle

2- Omron HJ-112 Premium Pedometers

5- \$20 Gift Cards Dick's Sporting Goods

2- \$15 iTunes Gift Cards

All participants in the MMHG Fall Walking Challenge will be entered in the Grand Prize Raffle.

MMHG 5/5/5 Challenge Winners!



*A nice place to walk, run, and
bicycle:
The Cape Cod Canal*

Congratulations to the 5 winners and all the participants of the MMHG 5 A Day 5 A Week 5 Day Challenge which was held over the summer from July 1st to August 5th.

Participants were challenged to eat more fruits and vegetables, to exercise more and to stress less— all important keys to good health. Missed the challenge? Stay tuned for another chance to participate next spring!

The Lucky Raffle Winners:

Oster Blender:

Terry Wening (Marshfield)

OXO Salad Spinner:

Kay Ramsey (Marshfield)

Yankee Candle:

Pam Cohen (Whitman Hanson)

Yoga Mat: Cathy Miller (Halifax)

Exercise Ball:

Sue MacDonald (Plymouth County)

Healthcare Consumerism Corner



The Healthcare Consumerism Corner is a new and regular feature of the MMHG BENEFICIAL WELLNESS NEWS. With medical costs continuing to rise consumers are challenged more than ever to make informed decisions about their healthcare.

The True Cost of Care- You have a Choice!

For many of us, the cost of healthcare is invisible. We pay our copay but we don't think about the actual cost of service. But it's those actual costs that help drive healthcare inflation and directly affect our premium costs and rate increases. Understanding the actual cost of the medical care you receive can help you and your doctor assess your best and most cost-effective treatment options.

Seeking the Appropriate Level of Care-

It's Friday night, your throat has been bothering you for a few days and now it really hurts. You think you may have strep throat and your doctor's office is closed. So you decide to go to the Emergency Room (ER) for a throat culture. After waiting several hours to be seen by a physician you get a throat culture, find out you have strep throat, and head to the pharmacy to fill your prescription before going home to rest.

What you may not know is that your visit to the ER probably cost about \$600. You paid your \$75-\$100 emergency room copay + deductible (depending on your plan).

A Better Option-

You decide to go to an urgent care clinic like the CVS Minute Clinic. You wait a 1/2 hour and see a Nurse Practitioner who does a throat culture, diagnoses strep and writes you a prescription. You pay the

less expensive office visit copay of \$15-\$35 (depending on your plan). The entire visit would cost around \$90 (a fraction of the ER visit cost) because it is billed to your insurance company as an office visit not an emergency room visit.

The Bottom Line-

The Mayflower Municipal Health Group is a self-funded group which means we pay our own claims. Multiply that non-emergency ER visit by the hundreds that occur every year for our group and you can see how fast costs can climb. When costs climb your premiums climb. By going to the CVS Minute Clinic instead of the Emergency Room in this case you got the care you needed at the right time at the right price.

The choices we make really can impact the cost of our healthcare. Ask questions and get the information you need to make the choice that's right for you!

Next Issue: Saving on Prescription Drugs

MMHG Fall Wellness Initiatives

The Mayflower Municipal Health Group is committed to the health and wellness of its members. Here are some highlights of this Fall's Wellness Initiatives:

The MMHG Fall Walking Challenge- Participants can win prizes by simply walking their way to improved health and logging their progress.

Colonoscopy Incentive- Eligible subscribers can get a \$50 gift card for getting a colonoscopy in 2013.

Work site Flu Clinics- MMHG member units are already scheduling worksite flu clinics for employees. Ask your Wellness Coordinator if a flu clinic is scheduled for your member unit.

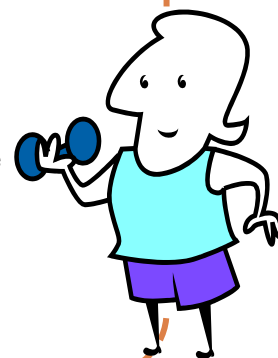
October is Breast Cancer Awareness month- The MMHG and participating member units will promote the importance of breast cancer screening and early detection. For more information go to www.mmhg.org and follow us on [Facebook](#) and [Twitter](#)

Wellness Grants, Seminars and ToGo Kits- Wellness grants and healthy worksite seminars on topics like ergonomics and stress management are available to MMHG member units. Ask your Wellness Coordinator for more information. The MMHG also has ToGo kits available to members on the following topics - Stress Management, Back Care Basics, and Smoking Cessation. Kits come with a CD Rom and printed materials. Request a kit by sending us an email at wellness@mmhg.org.

October 19th Old Colony YMCA Open House and Free Week Pass for MMHG Members- Check our [website](#) in October for more info on the YMCA promotion. Don't miss page 9 of this newsletter for more info and discounted offers from other local fitness centers. Wow!

Coming Soon- Avoid holiday weight gain and minimize seasonal stress and win prizes by participating in the **MMHG Maintain Don't Gain Challenge** scheduled to begin in late November. Stay tuned for details.

The MMHG is on [Facebook](#) and [Twitter](#)- Follow us for Wellness tips, health news links and more!





How does your work-space garden grow?

The South Shore Tri Town Development Corporation and the Onset Fire District were awarded MMHG Wellness Grants last spring to help fund their work-space vegetable gardens. Both projects were a success and next spring's gardens are already being planned!

Interested in starting a work-space garden? Ask your Wellness Coordinator about the MMHG Wellness Grant Program.

Spotlight: South Shore Tri Town

A Work-Space Vegetable Garden

by **Mary Cordeiro**

When I told my co-workers that we were awarded a grant for a veggie garden they all got involved in the planning. A raised bed was built with wood posts along the back tall enough to grow vine crops and the bed was filled with layers of organic material and top soil in "lasagna style gardening".

Because the garden was located along the main walkway to our front door, neatness was important.

Planting was done in a grid of 1 foot- squares with several kinds of tomatoes, cucumbers, peppers and squash, plus beans, lettuce and watermelon.

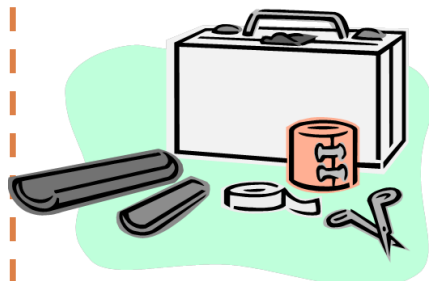
We nailed metal fence posts onto the wood posts, ran rows of jute between the posts and weaved the tomato plants through the rows keeping their growth upright. All summer long we frequently gathered around the garden and enjoyed the anticipation, the discovery, and the sharing of our bounty; the eating was by far the best part. We expected to have a battle of wits with the deer and bunnies that live on the Base and much to our surprise they never nibbled on our plants. Our goal was to have summer salads for lunch; what actually happened was day long snacking from a basket of tomatoes and beans placed on our candy table, and many, many bags

of lettuce and cucumbers taken home for dinner. The office garden was a great idea and a perfect fit for us. We experienced success and failure with our crops, and learned what grew best on the southwest side of our building. Even though we're still harvesting our own fresh produce, we're already planning next year's garden —extending the bed another 3 feet now that we know some vines just won't climb!

Mary Cordeiro is the Wellness Coordinator for the So. Shore Tri Town Development Corporation. The photographs below are from this summer's work-space vegetable garden.



There's a First Aid App for That



Detailed instructions on treating a burn or removing a splinter may be as close as the palm of your hand. If you have a smartphone or tablet device here are 3 popular first aid and emergency apps that you might want to try.

All three Apps are available for IOS and Android.

First Aid by American Red Cross-

When accidents happen the official Red Cross First Aid App is a useful tool. Simple step by step instructions guide you through everyday first aid scenarios. Fully integrated with 9-1-1— you can call EMS from the app at any time. Includes safety tips for emergencies like severe winter storms to earthquake preparedness. Content is preloaded so you can still access information if you have no cell phone service.

Cost: Free

<http://www.redcross.org/mobile-apps/first-aid-app>

Pocket First Aid & CPR-

This user friendly app from the American Heart Association was recently redesigned to reflect updated AHA guidelines on CPR and emergency cardiovascular care. Contains clear and concise directions for adult, child, and infant CPR. Also includes first aid procedures with hundreds of pages of information

with illustrations and videos. Covers everything from choking to diabetic emergencies. Cost: \$1.99

[http://www.heart.org/HEARTORG/CPRAndECC/CommunityTraining/CommunityProducts/Apps---Pocket-First-Aid-CPR UCM 308819 Article.jsp](http://www.heart.org/HEARTORG/CPRAndECC/CommunityTraining/CommunityProducts/Apps---Pocket-First-Aid-CPR_UCM_308819_Article.jsp)

Army First Aid- This app brings the Army's first aid manual to the user. The Army First Aid App is a quick source of medical information with over 600 pages of information. Includes basic first aid, rescue breathing techniques, dressings and bandages, heat and cold injuries, bites (snake, insect, human), rescue carries and transportation. The App also includes a guide to dangerous insects, plants and poisonous snakes.

Cost: \$1.99

<http://doubledogstudios.com/apps/armyfirstaid/>

Next Issue: More Healthy Apps

What's Happening this Fall?

Seasonal Photos from MMHG Member Unit Communities

Photographs by Gabrielle Morse



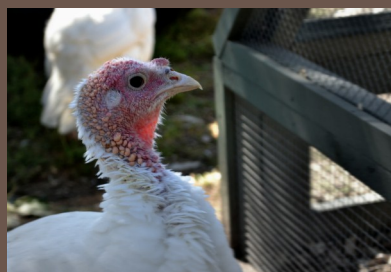
Scituate



Abington



Halifax



Bridgewater

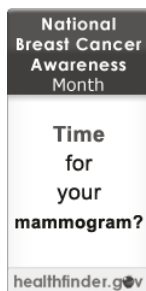


Plymouth



Hanson

October is Breast Cancer Awareness Month



October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the disease and the importance of screening and early detection. Be sure to follow the MMHG on [Facebook](#) and [Twitter](#) and check out www.mmhg.org during the month of October for more links, articles, and educational information about breast cancer.

The US Department of Health and Human Services cites the statistic that one in six women born today in the United States

will get breast cancer at some point in her life. **Mammograms can save life by detecting cancer early.** According to the Centers for Disease Control you can help lower your risk of breast cancer in the following ways—

- **Get screened for breast cancer regularly.** By getting regular exams, you're more likely to find breast cancer early.
- **Control your weight and exercise.** Make healthy choices in the foods you eat and the kinds of drinks you have each day. Stay active. Learn more about keeping a [healthy weight](#) and ways to increase your [physical activity](#).
- **Know your family history of breast cancer.** If you have a mother, father, sister, brother, son, or daughter with

breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.

- **Find out the risks and benefits of hormone replacement therapy.** Some women use hormone replacement therapy (HRT) to treat the symptoms of menopause. Ask your doctor about the risks and benefits of HRT and find out if it is right for you. To learn more about HRT, visit the [U.S. Preventive Services Task Force](#) and the [National Cancer Institute \(NCI\)—Menopausal Hormone Therapy and Cancer](#).
- **Limit the amount of alcohol you drink.**

Content source [Centers for Disease Control](http://www.cdc.gov/cancer/breast/basic_info/prevention.htm)
http://www.cdc.gov/cancer/breast/basic_info/prevention.htm

Harvard Pilgrim's Mind the Moment Program

Have you ever been in this situation—you're snacking on a few potato chips while watching TV and before you know it the bag is empty and you can't even remember tasting the chips? In your relationships do you feel frustrated that you keep getting into the same old arguments again and again and nothing gets resolved? Do you feel overwhelmed and stressed juggling work life and home life? You may want to consider practicing Mindfulness.

Mindfulness is the practice of becoming more fully aware of the present moment. It means to be attentive and conscious about what's happening—*to be aware*. **The Harvard Pilgrim Mind the Moment Program** suggests that people who regularly practice mindfulness have

experienced:

- Improved health and overall quality of life
- Reduced anxiety and depression
- Increased concentration
- Stronger ability to cope more effectively with stress in everyday life

For more information check out the **Harvard Pilgrim Mind the Moment Program website**. Click [here](#) to access the website and watch an informative 5 minute introduction to mindfulness. Interested? The program includes a [free 6 week e-learning series](#) about mindfulness. (You do not have to be a Harvard Pilgrim member to participate in the 6 week e-learning series).



Who needs a flu vaccine?

Even healthy people can get the flu. Protect yourself and your loved ones. Get vaccinated.

www.cdc.gov/flu



In Season— the Noble Apple

"Surely the apple is the noblest of fruits." -- Henry David Thoreau, *Wild Apples*

Sweet or tart, crunchy and juicy, fresh, local apples are a delicious sign that autumn has arrived in New England.

The old saying that "an apple a day keeps the doctor away" may have a ring of truth to it. Apples are a good source of vitamin C and dietary fiber and are rich in antioxidants and phyto-nutrients.

Apples store well and are generally economical and versatile. They can be enjoyed raw, cooked, juiced and are used in both savory and sweet dishes.

Here is a great recipe for healthy baked apples that you can make with your kids after raking leaves on a cool autumn weekend afternoon.

Melting Apples

From the *Mass in Motion Chop Chop Recipe page*
www.mass.gov/massinmotion/chopchop

Adult needed: Yes
 Active Time: 20 minutes
 Total Time: 1 hour and 20 minutes
 Makes: 4 servings

KITCHEN GEAR

Cutting board
 Sharp knife (adult needed)
 Small baking dish or muffin pan
 Melon baller or spoon
 Fork
 Measuring spoons
 Measuring cup
 Potholder

INGREDIENTS

4 Granny Smith or other tart apples, cut off top third of the apple (feel free to eat it)
 ¼ cup dried fruit, like raisins, dried cranberries, currants, or chopped dried apricots or prunes

¼ cup coarsely chopped lightly toasted nuts, like walnuts or pecans
 1 tablespoon sweetener, like maple syrup, brown sugar, or honey
 ½ teaspoon ground cinnamon
 ¼ cup water

1. Turn the oven on and set it to 375 degrees.
2. Put the apples on the cutting board and remove the core by using a melon baller or a spoon.
3. Lightly prick the top of the sides of the apple with a fork (this prevents the apples from splitting).
4. Put the dried fruit, nuts, sweetener and cinnamon in a small bowl. Divide the mixture into four parts and stuff it inside the apples.
5. Put the water in the baking dish (or put 1 tablespoon in each of the four muffin-pan wells). Add the apples. Carefully put the baking dish in the oven and bake until the apples are soft, about one hour.

The Perfect Snack !

One medium apple contains more than 4 grams of fiber and only 95 calories. Tuck one into your lunch bag for a sweet and healthy afternoon treat.

Apple Picking in Southeastern MA

Apple picking with your family and friends is a fun way to stock up on fresh local apples. Here's a quick list of some local "pick-your-own" locations in Southeastern Massachusetts. For a more comprehensive list of places to go apple picking in Massachusetts go to <http://massnrc.org/farmlocator/map.aspx>. Be sure to call first and inquire about "pick- your-own" hours and conditions.

C.N. Smith Farm— Pick your own apples (up to 17 varieties available), onsite cider mill, pumpkin patch. Hayrides and group tours available. 325 South St. East Bridgewater 508-378-2270 [website](#)

Peter's Family Orchards and Cider Mill— Apple picking, tractor rides, candied apples, and mums. 537 Main St Acushnet 508-995-6533 [website](#)

Pocasset Orchards— Apple Picking 1427 Old fall River Rd Dartmouth 508-995-5019 [website](#)

Dartmouth Orchards— Apple Picking. 515 Old Westport Rd 508-992-9337 [website](#)

Recipe Corner— Autumn Flavors



When we transition from summer to fall our food preferences tend to shift from summer salads and lighter grilled dishes to heartier fare like stews and soups. Here are a few simple and nourishing recipes for fall.

Pumpkin Soup

1 small onion, chopped finely
1 teaspoon olive oil
1 can pumpkin puree
3 1/2 cups reduced sodium chicken or vegetable broth
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

1 cup low-fat milk
Black pepper
Roasted pumpkin seeds (see recipe below)
Saute onion in olive oil over medium heat until tender
Add pumpkin puree, broth, cinnamon and nutmeg and mix well. Bring to a boil, reduce heat and simmer for 5 minutes. Whisk in the milk and cook until hot. Do not boil. Season with black pepper and sprinkle with roasted pumpkin seeds right before serving.
Makes 4- 1 cup servings.

Roasted Pumpkin Seeds— Don't toss away those seeds when you make a jack o lantern! Roasted pumpkin seeds are a healthy snack.

1 cup pumpkin seeds rinsed and cleaned and dried
1 t Cajun spice mixture
1/2 teaspoon kosher salt (or less if Cajun spice has salt added)
1 T vegetable oil
A few shakes of hot sauce (optional)

Preheat oven to 300°. Toss pumpkin seeds with Cajun spice mixture, vegetable oil and hot sauce. Spread seeds on a baking sheet sprayed with cooking spray. Turn from time to time. Cook for 45-60 minutes until lightly browned and crunchy.

Kale and Chicken Soup— Use leftover cooked chicken and rice to make this easy soup.

1/2 cup chopped onion
1/2 cup chopped carrots
2 teaspoons olive oil
1 teaspoon dried thyme
2 cloves garlic, minced
2 cups low sodium chicken broth
1 12 oz can chopped diced tomatoes
1 cup Kale, chopped
1 cup cooked chicken cubed
1/2 cup cooked brown rice
Salt and pepper to taste

Saute onion and carrot in olive oil over medium heat until tender. Add garlic and thyme and sauté for one minute longer. Add chicken broth, tomatoes and Kale. Simmer for 5-10 minutes. Add cooked chicken and cooked rice and simmer 5 minutes or until piping hot all the way through. Makes 4 servings.

Hot Spiced Apple Cider-

Simmer 4 cups of apple cider with 1 cinnamon stick, 2 whole cloves,, 1/4 teaspoon ground nutmeg and several orange slices. until hot. Strain and serve in a warm mug.

Have you Tried— Pilates?

“ Physical fitness is the first requisite of happiness.”- Joseph H. Pilates

You might be hard pressed today to find a celebrity, professional athlete, or dancer who doesn't mention Pilates when asked about their workout regimen. It seems like everyone is talking about Pilates.

Joseph Pilates developed the body conditioning routine in the 1920s initially to help rehabilitate war-injured soldiers. Pilates emphasizes

increased flexibility to improve posture, flexibility, balance and conditioning. It focuses on strengthening the body's "core" or midsection and spinal alignment. The Pilates method is a series of controlled movements practiced on specially designed equipment or on the floor. There are 6 Pilates principles: Centering, Control, Flow, Breath, Precision, and Concentration. The objective is a coordination of mind and body.

Proponents of Pilates claim that an effective Pilates program can yield numerous health benefits including increased strength, flexibility, and better coordination- both mentally and physically.

There are Pilates studios located in many communities, most fitness centers offer Pilates classes. Why not give Pilates a try?

Next Issue: Have you Tried- Kick-boxing?



Solve the MMHG Wellness Puzzle



Solve and return the completed word search puzzle to us no later than December 1st (be sure to include your name and email address) and you'll be entered in a random drawing to win a Wellness Goody Bag!!

Email—
wellness@mmhg.org
Mail—
MMHG
PO Box 3390

Congratulations to Elaine Boidi from Hanover. Elaine won a wellness goody bag for solving the scavenger hunt in the summer newsletter!

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F A L V F G S B M M U L F R Z
B O P Q U V V M I I N C T N F
Q P S P T Y M N N D U J G G E
F S N T L H N D D J T N C Q T
Z P I I G E G D F L I O B L S
W V K G P B S I U K L R A A V
B Z P I V P U B L O O Z X X H
G A M O B Q A A N T U A O Z M
A Y U A Z M W O E D O Z R Y H
R H P A J X S Z S N M P Y E H
D J C M C C X W S L Z J S J G
E V K Y O V P I L A T E S J Z
N N C P M A R G O M M A M M A
Q N Y L V H S V C K Q I C M U
Z V F T S A U X Y S B L N N E
  
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APP	FLU	MINDFULNESS	PUMPKINS
APPLES	GARDEN	MMHG	SPOTLIGHT
COLONOSCOPY	MAMMOGRAM	PILATES	WALKING

MMHG Member Deals- Check it out!!

It's a great time to join a gym! The weather is getting chilly and you'll beat the New Year's rush! Here are some coupons with special offers especially for MMHG members.

Don't forget that Blue Cross Blue Shield (BCBS) and Harvard Pilgrim (HP) members may be eligible for up to \$150 Fitness reimbursement as well! BCBS members click [here](#) for more details HP members click [here](#). What are you waiting for?

LIVE.LIFE.BELIEVE. FITNESS CENTER

10 CORDAGE PARK - PLYMOUTH MA 508-746-1000 www.LiveLifeBelieve.com

ONE WEEK TRIAL

For all Mayflower Municipal Health Group Members

Limit - One per member - Please Print To Redeem

**We look forward to meeting you
and helping you on your way to GREAT HEALTH!**



KINGSTON

CO ED FITNESS 24 HR. ACCESS 7 DAYS 365 DAYS FOR YOUR CONVENIENCE

NOW OFFERING CLASSES!

7 Day Free Trial Membership with this Coupon For

Mayflower Municipal Health Group Members

\$0 ENROLLMENT

Free Personal Trainer Consultation with New Membership

*Different membership options available

187 Summer Street (RK Crossing Plaza) Kingston www.anytimefitness.com (781) 585-0444

MMHG is not endorsing these facilities we are simply providing a way to share discounts with you from fitness facilities that expressed interest in giving our members a discount. Please contact us if you have any problems redeeming a coupon.

MMHG Member Deals– cont.



Small Group Personal Training

Mayflower Municipal Health Group
Members & Family Members

Receive a 20% Discount On All Packages With This Coupon at Abington Location Only!

170 Bedford Street Abington, MA www.getinshapeforwomen.com (781) 421-3764



Free 14-Day Family Trial Membership

Mayflower Municipal Health Group

Includes two adults and their children under age 22.

First time members/guests only. Valid photo id required.

16 Aldrin Road, Plymouth Industrial Park, Routes 3 & 44,

Plymouth MA 02360 www.plymouthfitness.com 508-746-7448

MMHG is not endorsing these facilities we are simply providing a way to share discounts with you from fitness facilities that expressed interest in giving our members a discount. Please contact us if you have any problems redeeming a coupon.



Happy Halloween



Expecting trick-or-treaters or party guests?

Follow these tips from the CDC to help make the festivities fun and safe for everyone!

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.



[Click here for more Halloween Health and Safety tips from the CDC](#)

MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING GOVERNMENTAL UNITS: ~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion ~Wareham Regional Refuse Disposal District ~ Halifax ~ Hanover ~ ~Hanson ~ Hingham ~ Hull ~ Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Norwell ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~ Rockland ~ Scituate ~ Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~ South Shore Tri-Town Development Corporation ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~



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[Follow us on Twitter](#)

Get a Colonoscopy in 2013 and Get a \$50 Gift Card!

Eligible MMHG subscribers are reminded that they can receive a
\$50 gift card for having a colonoscopy in 2013!

The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers age 50 and over or high risk and enrolled in non Medicare plans.

Visit **www.mmhg.org (What's New)** to learn more about the details of this program.

Colonoscopy screenings are recommended for anyone who may be at higher than average risk for colorectal cancer. Colonoscopy screenings save lives by detecting precancerous polyps early so they can be removed before turning into cancer.