

August Healthy Directions Toolkit

What to do this month:

All Employees:

- Invite employees to watch the August *Where Your Health Matters* webinar: Sleep 101.
- Encourage employees to sign up and participate in the Seize the Zzzz's Challenge.

HNE Insured Employees:

- Highlight access to the Sleep Well Plan daily habits plan to earn extra Healthy Choices points.
- Remind employees of their access to Ompractice.



Worksite Wellness Newsletter

FROM HEALTHY DIRECTIONS

Spotlight: Sleep

Getting enough restful sleep is just as important as eating healthy and exercising. Good sleep not only sets you up but can maximize problem-solving skills, enhance memory and help you stay healthy. Poor sleep on the other hand can impair your immune system and brain function. There are many factors that contribute to your overall sleep health.

you are getting the right amount of sleep as too little sleep has been linked to an increased risk of heart disease and can have a negative impact on your metabolism.

Where Your Health Matters Webinar: Sleep 101 (for all employees)

Understand sleep recommendations and how to fight fatigue with healthy habits. Learn how to combat unique work-related stressors and tactics for your best sleep.

Date: Thursday, August 8th

Time: 12:00 – 1:00 p.m. EST

Register: [Registration \(gotowebinar.com\)](https://gotowebinar.com)

Earn: 50 Healthy Choices points (for HNE members) and a raffle entry for a 1 in 5 chance to win a \$50 Amazon gift card.

[Click here](#) to learn more about each webinar this year and to register. You can also watch any recorded webinar or fill out the webinar completion form at the top of the webpage to earn 50 Healthy Choices points.

**Healthy Choices points and raffle winner notifications will be released within 2 weeks of the end of the program. Visit the HNE member at the time of the drawing to win.*

Seize the Zzzz's Challenge (for all employees)

It is no secret that lack of proper sleep can contribute to a myriad of issues in our lives at home and at work, including decreased productivity and reaction time. But getting enough sleep each night can counteract those issues as well as decrease sickness, maintain healthy weight and lower your risk of serious medical problems. Tracking whether or not you had a good night's sleep and identifying things that may be helping or hurting your sleep routine.

Get Started:

- Go to the [WebMD portal](#) or access via the Wellness At Your Side app (connection code: healthnewengland)
- Sign up for the Seize the Zzzz's challenge between August 1st – August 9th.
- Track your sleep quality for at least 14 days between August 7th - August 23rd.

Earn: 100 Healthy Choices points (for HNE members) and a raffle entry for a chance to win a \$25 Amazon gift card and a Mask*

If you are not a Health New England member, please fill out [this form](#) or reach out to [Julia Wilkins](#) by July 26th for more information.

**Healthy Choices points and raffle winner notifications will be released within 2 weeks of the end of the program. Only HNE members at the time of the drawing are eligible to win.*

Sleep Well Daily Habits Plan (for HNE insured employees)

During Sleep Well, you will learn to become more aware of your habits and surroundings that impact your sleep as well as activities to help you achieve a great night's rest.

Get started: Choose the Sleep Well plan under Daily Habits on the [WebMD portal](#). Remember to complete daily, weekly, and once per plan tasks.

Earn: 300 Healthy Choices points (that's 50 more than usual!) for completing the plan by September 26th*

**Healthy Choices points will be released within 2 weeks of the end of the program.*

Ompractice – Discounted Wellness Opportunity (for HNE insured employees)

Health New England has teamed up with Ompractice to offer you unlimited access to a platform of live, interactive mindfulness classes at a discount. Classes are taught by some of the country's best instructors, so the support is there for you. It's all yours for less.

Better yet, Ompractice may be fully reimbursable for many Health New England members through their plan's wellness benefits. Health New England will reimburse you up to \$300 per individual and \$600 per family per calendar year**. Use our Reimbursement Form by logging into the [myHealthNewEngland Member Portal](#). You will find a link to the form by clicking on the left navigation menu.

For more, check out [this flier](#) or sign up [here!](#)

***Exclusions may apply. Not all employer groups offer this reimbursement amount. Please check your membership or contact Member Services at (413) 787-4004 if you need more information.*