



## Back on Track in September!

September is a time of change and new beginnings, a new season, a new school year, perhaps a new job. As part of this season of transition, have you considered changes to your diet or lifestyle that could transform your health and wellbeing for the better? This month, the Archdiocese of Boston Benefits Department focuses on **health coaching** to help employees and spouses enrolled in one of the RCAB Health Plans get their health back on track. We interviewed staff from Blue Cross Blue Shield's Health Coaching Program to answer some lingering questions that may be preventing you from taking that first step. Taking charge of your health requires you to be proactive and intentional. Toward that end, we also kick off September with a reminder about the importance of **flu shots**.

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## Wellness Coaching – Change Is in the Air

If you are enrolled in one of the RCAB Health Plans and haven't signed up for health coaching yet, what are you waiting for? There is no time like the present to get back on track with your health and work on a goal that is still on your proverbial "to do" list. You can earn \$500 HRA into your Health Equity HRA account if you successfully meet your wellness goal. If you have trouble identifying a goal, you and your Blue Cross Blue Shield wellness coach can work together to customize one.

Following recent interviews with a Blue Cross Blue Shield clinical director, case manager, and health coach, we provide answers to basic questions about the RCAB Health Plans Health Coaching Program.

### **Q: How do I sign up for wellness coaching?**

A: Sign up is easy. Call 1-800-392-0098 and select option 1, Monday through Friday, from 8:30 a.m. to 4:30 p.m. A case manager will ask you about your goal, if you have identified one, and place you with a wellness coach according to your needs.

### **Q: Who are the wellness coaches and what are their qualifications?**

A: Blue Cross Blue Shield wellness coaches are experienced RNs and certified wellness coaches who undergo an intense certification program with Blue Cross and ongoing

monthly training on a variety of wellness topics, such as sleep, nutrition, relaxation and mindfulness, personal training, and meditation, to name a few.

**Q: Do wellness coaches follow a specific program?**

A: Wellness coaches customize the coaching sessions according to you and your goals. They don't follow a particular agenda or program. Once enrolled, you can check in with your coach once a week, once every two weeks, or more frequently depending on your availability and preference. Coaches are flexible with your schedule and may be available throughout the day, up to 8 p.m.

**Q: Are coaching sessions by video conference or phone?**

A: The coaching sessions are conducted over the phone.

**Q: Do I need to pay for my sessions with the wellness coach?**

A: No. These coaching sessions are provided at no cost to you. The RCAB Health Benefit Trust covers the cost of these sessions as part of your enrollment in one of the RCAB Health Plans.

**Q: How does the wellness coach track my progress?**

A: The wellness coach evaluates your progress based on the information you report to him/her. The coach helps you to set large and small goals in order to encourage progress toward your main goal(s).

**Q: How long is the program and how will I know if I have successfully earned the \$500 HRA points?**

A: The program typically lasts up to three months. If you have successfully achieved your goal, the wellness coach will report to Blue Cross that your incentives have been awarded. (Because the program lasts about three months, if you don't start health coaching until late October, keep in mind you will be attending sessions through the December holiday season.) Points will appear by the 15<sup>th</sup> of the month following the month in which you met your goal with your coach. You must connect with a coach between now and March 1, 2021 and complete your goal by May 31, 2021 to receive HRA credit.

**Q: I qualify for Care Management because I have a complex/chronic health condition. Can I still participate in health coaching? And will I earn the \$500 HRA incentive if I only participate in Care Management?**

A: If you are contacted by Blue Cross Blue Shield because you qualify for care management, you are encouraged to participate in Care Management. However, you are also welcome to participate in health coaching, too. You will only receive HRA credit for successful completion of one of these programs.

**Q: Will I receive any educational materials to accompany my coaching?**

A: Wellness coaches have access to a variety of resources which they can share with you at your request.

**Q: What are examples of goals I can work on in this coaching program?**

A: Weight management, stress management, healthy eating, increased physical activity, sleep hygiene, and smoke cessation are a few examples.

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## Flu Shots During the COVID-19 Pandemic

Although some people may not get immunized because they are concerned about side effects, they think the flu isn't serious, they believe the vaccinations are ineffective due to changeable flu strains, or for other reasons, the flu shot is now more important than ever. Children attending child care through college in Massachusetts must be vaccinated by December 31, 2020. If you get the flu shot and later get the flu, you may be less likely to experience a severe case. Moreover, public health experts are concerned about people contracting both the flu and COVID-19 at the same time. *Why take the risk?*

For more information from the CDC about flu vaccines, how to prevent the flu, vaccine benefits, and who is at high risk for flu complications, visit the CDC's website at [www.cdc.gov/flu/prevent/flushot.htm](http://www.cdc.gov/flu/prevent/flushot.htm).

For information about the new Massachusetts flu shot requirement, visit the Massachusetts Department of Health's website: <https://www.mass.gov/news/flu-vaccine-now-required-for-all-massachusetts-school-students-enrolled-in-child-care-pre>

Employees and family members enrolled in one of the RCAB Health Plans can get a flu shot at any CVS Caremark network pharmacy *at no copay or cost to you*. Bring your CVS prescription card and valid photo ID. To learn more about flu shots and find a pharmacy in the CVS Caremark network that administers flu shots, click here:



[CVS Caremark - Flu Shot - Pharmacy Locator](#)

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## Step into Fall With the New September Steps Challenge

Exercise and earn incentives! Get ready for a new Challenge that runs for six weeks, from September 14 to October 26. You and your spouse (if enrolled in one of the RCAB Health Plans) could earn \$100 into your HRA upon successful completion! To meet the Challenge criteria, you need to log an average of 7,000 steps per day over the course of the six week Challenge period. Starting on September 7, you can register at [www.ahealthyme.com/login](http://www.ahealthyme.com/login) until September 20.

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Spreading awareness of important health topics continues to be our top priority. Toward that end, the Archdiocese of Boston Benefits Department offers additional resources below.

## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross ahealthyme portal will earn **\$20** into their Health Equity HRA accounts for attending each webinar. Points are awarded for a maximum of 5 wellness webinars/family activities per Plan Year. There is no need to notify the Benefits Office of your attendance at these webinars because we receive reports of your attendance from our wellness vendor, Wellness Concepts.

[Healthy APPetite: Apps & Tools to Manage Your Wellness Goals - Tuesday, September 8 at 4 p.m.](#)

Registration Link:

[https://us02web.zoom.us/webinar/register/WN\\_dA\\_nJldTSMqoO1t3iTyCVQ](https://us02web.zoom.us/webinar/register/WN_dA_nJldTSMqoO1t3iTyCVQ)

In today's seemingly "virtual" world, there are numerous Apps and tools that claim to be the answer to your weight management and health-related goals. Attend this session and learn the best from the experts!

[Manage Your Stress for Optimal Living – Tuesday, September 15 at 4 p.m.](#)

Registration Link:

[https://us02web.zoom.us/webinar/register/WN\\_QrqiQuAvTcah-xOVO66hmw](https://us02web.zoom.us/webinar/register/WN_QrqiQuAvTcah-xOVO66hmw)

Stress can affect our lives in many ways: eating patterns, digestion, mood, sleep patterns, energy level, and immunity to disease. Participants learn about the various types of stress, how to manage it, and how to restore their body's sense of balance.

[Everyday Eats for Healthful Family Meal Planning – Monday, September 21 at 1 p.m.](#)

Registration Link:

[https://us02web.zoom.us/webinar/register/WN\\_iGooXRLaQQ25E2GqOfqZuQ](https://us02web.zoom.us/webinar/register/WN_iGooXRLaQQ25E2GqOfqZuQ)

Participants learn how to prepare quick and easy meals for families of two or more. The program includes information on how to apply good nutrition to family lifestyles, recipes, and menu planning activities.

[Maintaining Your Weight While Working from Home - Wednesday, September 30 at 12 p.m.](#)

Registration Link:

[https://us02web.zoom.us/webinar/register/WN\\_hlsytbfsTOaTIHcvcVmtDA](https://us02web.zoom.us/webinar/register/WN_hlsytbfsTOaTIHcvcVmtDA)

Don't gain while working from home! Participants learn strategies to "set the table" from menu planning to meal planning and quick cooking strategies. The program includes information on best snack choices, quick easy meals, meal timing, and more!

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Did you miss a webinar in August? No problem! You can still view the recorded webinars listed below during the month of September. After viewing these webinars, please self-report your viewing to Kayla Fuller, Benefits Assistant, at [kfuller@rcab.org](mailto:kfuller@rcab.org) and you will earn 20 HRA points if you are registered in ahealthyme and have not yet exceeded the maximum number of wellness webinars/family activities for the current Plan Year (maximum of 5).

## **Anxiety During Unprecedented Times**

In this time of stress and uncertainty, many people are feeling more anxious. You will learn about the symptoms and effects of anxiety and discover ways to address and manage it.

[https://us02web.zoom.us/rec/share/8dfN4vwzjtLS9L\\_z0XVf5c4HYHCeaa8gSIcrqBez0c18lkIavGBBuHrBKNdUSNb?startTime=1597160663000](https://us02web.zoom.us/rec/share/8dfN4vwzjtLS9L_z0XVf5c4HYHCeaa8gSIcrqBez0c18lkIavGBBuHrBKNdUSNb?startTime=1597160663000)

## **Shake it Up: Blend Your Nutrients for Optimal Health**

Participants learn about the benefits of super smoothies and how to prepare quick and healthy nutritious blends, from chocolate almond banana breakfast shakes to tropical fruit and gazpacho.

[https://us02web.zoom.us/rec/share/vtRQLYrp5mVib4nQ0HiFSKsPLMf\\_aaa8g3IY\\_foFnkikSt0vz0jZopxEr6No1mi5?startTime=1597942806000](https://us02web.zoom.us/rec/share/vtRQLYrp5mVib4nQ0HiFSKsPLMf_aaa8g3IY_foFnkikSt0vz0jZopxEr6No1mi5?startTime=1597942806000)

## **Understanding the Ins and Outs of Sleep**

Participants gain an understanding of what “normal” sleep is, the differences between REM and non-REM sleep, and sleep need as an overall biological drive. The program explains how sleep changes across the lifespan, how much sleep each of us really needs, and what happens if we don’t meet our biologically determined sleep need.

[https://us02web.zoom.us/rec/share/vpRZLPbv-2lLe6\\_quXicdfjxJsfjaa81iMc\\_POOmUlhhjZvZ3ah-1O5oPjuaZ3g?startTime=1598384895000](https://us02web.zoom.us/rec/share/vpRZLPbv-2lLe6_quXicdfjxJsfjaa81iMc_POOmUlhhjZvZ3ah-1O5oPjuaZ3g?startTime=1598384895000)

## **Salt & Sugar: What You Need to Know**

Participants learn about the different forms of sodium and sugar, where they are hidden, and how they affect overall health. The program includes information on the Recommended Dietary Allowance for sodium and sugar along with product and menu information on the best versus worst choices.

[https://us02web.zoom.us/rec/share/3edUBO\\_brHJOcs\\_n0WHiC4EIRIPLT6a81ihL\\_aVcxUI\\_NAvByIJWBn89i3dbUcvr?startTime=1598557382000](https://us02web.zoom.us/rec/share/3edUBO_brHJOcs_n0WHiC4EIRIPLT6a81ihL_aVcxUI_NAvByIJWBn89i3dbUcvr?startTime=1598557382000)

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## Earn HRA Points as a Wellness Champion

We are still recruiting Wellness Champions for the current Plan Year! We will accept one (or two depending on location size) Wellness Champion(s) per location on a first come first serve basis. If you are passionate about health and wellness and are interested in helping your co-workers focus on wellness during the pandemic, you will earn 150 HRA points for active and regular engagement throughout the year. Wellness Champions are expected to attend monthly online meetings starting in September. Please contact Kayla Fuller at [kfuller@rcab.org](mailto:kfuller@rcab.org) to learn more and/or sign up.

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## Employee Assistance Program Reminder

Sun Life's Employee Assistance Program (EAP), powered by Guidance Resources, offers free, confidential access to a consultant for help with anxiety, stress, depression, financial challenges, and more. ComPsych Guidance Consultants can help you 24 hours a day, 7 days a week. Call 800-460-4374 to talk to a Guidance Consultant.

To access additional information regarding our EAP benefits, visit our website at [www.catholicbenefits.org/PDF/other\\_benefits/eap.pdf](http://www.catholicbenefits.org/PDF/other_benefits/eap.pdf)

In good health,

Roman Catholic Archdiocese of Boston Benefits Department

