



At Home Wellness Activities

All from the Convenience of Your Own Home,
on Your Own Time

MIIA Wellness Videos Are Now at MIIAWinners.org

Enjoy unlimited, on-demand access to recorded wellness video content including fitness/exercise, nutrition, weight management, self-care, and more on an easy access portal. All you have to do is click on the below link and follow the directions to view the full library of wellness videos anywhere, anytime. [Click here](#) for instructions.

These Programs and Resources are Available to You 24/7

The Well Aware Self-Directed Activity Challenges — Each month, your employer's wellness coordinator will email you our monthly wellness e-newsletter including the details of that month's **Wellbeing Smorgasbord** program and **Webinar Buffet**. Each month you can choose to do the Smorgasbord activity or the Buffet webinar OR you can choose to do both!

EX Program — a free digital tobacco cessation program built by Truth Initiative in collaboration with the Mayo Clinic Nicotine Dependence Center. **Visit now** to get started! *Only available to those on a MIIA/BCBS health plan.

Good Health Gateway® Diabetes Care Rewards Program — You and your dependents are eligible to participate if you are enrolled in a MIIA Health Benefits Trust sponsored health plan and have pre-diabetes or any type of diabetes. This program helps you lead a healthier life through effective management of your condition. And, when you meet the program requirements, you will receive your diabetes medications and supplies for \$0 copays. **Learn More**.

Learn to Live — provides free and confidential online programs for individuals and their family members (ages 13 or older) who are experiencing stress, anxiety & worry, depression, social anxiety, substance use, and insomnia. Learn how to improve your mental well-being this summer and all year long. To get started, visit **Learn to Live** and enter the code: MIIA. All may participate regardless of health plan membership.

Quizzify helps you become a wiser health care consumer, save money and improve your health! Every month we will send you a 10-question quiz about healthcare, health and lifestyle. Monthly drawings! All you have to do is play 3 months in a row...and you too can win. All may play, but only those on MIIA/BCBS health plans are eligible for gift cards. **Login or Register** to play today!

Ompractice — Don't forget our super platform for taking free LIVE ONLINE yoga and meditation classes from home! New classes: Pilates, iRest Yoga Nidra, Tai Chi and Qigong. All employees, and their immediate families, who work for municipal groups in the MIIA Health Benefits Trust are eligible. Sign up **here**.

MIIA AllOneHealth EAP is a confidential 24/7 counseling and referral service for help with problems large and small. Open to all employees and household members. Common work/family issues include couples counseling, parent/child issues, elder care resources, financial or legal concerns, and much more.

The EAP helps managers with professional issues too, such as conflicts between co-workers, difficulties in supervision/management, dealing with difficult employees, building stronger teams, and improving communication. Call the toll-free number **800-451-1834** or **visit the website**.

Wellness Phone Coaching can help you create personalized strategies for a healthier lifestyle. Topics include improving self-esteem, developing resilience, losing weight, maintaining weight loss, tobacco cessation, enhancing relationships and more. Our professionally trained coaches provide free 1-on-1 telephone coaching (maximum of 7 coaching calls per year). Open to all MIIA/BCBS members.

[Learn more.](#)

Free Meditation Resources

During difficult times stress on the mind and body is inevitable. Meditation can be helpful in managing stress, anxiety and a variety of medical conditions. Carve out a little time each day for a guided meditation using any of the links below.

Tara Brach Meditations

Benson-Henry Institute

Self-Compassion Guided Meditations and Exercises

Mindfulness Center at Brown is offering free online mindfulness practices of varying lengths every day of the week for all employees and their families regardless of health plan membership.

[Click here](#) to view Community Mindfulness Sessions available live online or by telephone.

Free Virtual Fitness Resources for all employees and their families regardless of health plan membership [click here.](#)

Free Mental Health Resources for Employees and Their Family Members for all regardless of health plan membership [click here.](#)