



EMPLOYEE HEALTH & WELLNESS NEWSLETTER

Your Pulse on Health & Wellness



HEALTH PREMIUM CREDIT PROGRAM.

The 2023 Health Premium Credit Program is officially live! Login to WellstarME and complete the Health Premium Credit Program requirements to save 5% on your individual health insurance premium starting with your first paycheck issued in July 2023.

The deadline to meet the 2023 program requirements is **April 30th, 2023 at 11:59pm** - so don't miss out!

Looking to complete your "My Health" options quickly?

One way to complete a "My Health" option is to get your flu shot! Visit www.Maine.gov/bhr/oeH/ to see an up-to-date listing of all of the State of Maine's convenient vaccination clinics. While you are getting that flu shot, you can also get your COVID-19 vaccine - all at no cost to you!

For more information about the Health Premium Credit and its requirements, **please visit:** www.WellStarME.org.

*You Could
Be Saving
5% on Your
Health
Insurance
Premiums!*

FSA ENROLLMENT.

It's Fall and Open Enrollment for Flex Spending Accounts starts November 7th, 2022 and runs until November 18th, 2022! A Flex Spending Account, or "FSA," is an account where you can set aside money PRE-TAX, to help pay for out-of-pocket health care expenses and/or daycare expenses. Allowed expenses include insurance copayments and deductibles, qualified prescription drugs, and more!

Visit: www.Maine.gov/bhr/oeH/ for more information.



*Open
Enrollment
for FSA
Starts Soon!*

BENEFITS SPOTLIGHT.



Are you tired of living with chronic pain?



Carrum Health Surgery Benefit

When it comes to surgery, it's important to get the highest quality of care. That's why the State of Maine provides **Carrum Health** to employees and dependents enrolled in the State of Maine Health Plan at **no cost**. Covered procedures include:

- Joint replacement
- Weight-loss
- Spine
- Heart
- And more.

Visit: www.Maine.gov/bhr/oeh/ for more information.

Important Update: As of July 1, 2022 it is mandatory for plan members to go through the Carrum Health benefit when receiving total and partial hip and knee replacement surgery. Surgery expenses for these joint replacements will be fully covered, for plan members and dependents ages 18+ when going through Carrum Health Center of Excellence.

DELISH DISH

Autumn Glow Soup

INGREDIENTS:

- 1 butternut squash, halved and deseeded
- 1 acorn squash, halved and deseeded
- 1 medium head cauliflower (about 4 cups florets)
- 1 tablespoon coconut oil, divided
- 1 yellow onion, diced
- 1 teaspoon fresh sage
- 32 ounces vegetable broth (or chicken broth if not vegan)
- 2 tablespoons maple syrup
- 1/4 cup coconut milk (or cream if not vegan)
- 1 honey crisp apple, diced
- pumpkin seeds for topping

DIRECTIONS:

- Preheat oven to 400 degrees F. Line baking sheet with parchment paper and arrange squash and cauliflower evenly on sheet.
- Coat vegetables with 1-2 teaspoons of coconut oil and season with salt and pepper.
- Bake for an hour until tender and golden brown.
- In large pot, sauté onion over medium heat in coconut oil until beginning to caramelize. Add apple and cook until softened.
- Scoop acorn squash and butternut squash out of skin and add to soup pot along with cauliflower. Stir in sage and season with salt and pepper.
- Stir in broth and bring soup to a low boil.
- With an immersion blender, puree soup until creamy.
- Stir in maple syrup and cream.
- Serve warm with a sprinkle of pumpkin seeds, if desired.

The Best Turkey Chili

INGREDIENTS:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 2-3 tablespoons chili powder (to taste)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz.) cans dark red kidney beans, rinsed and drained
- 1 (15 oz.) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

DIRECTIONS:

- Place oil in a large pot and place over medium high heat. Add in onion, garlic, and red pepper and sauté for 5-7 minutes, stirring frequently.
- Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
- Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
- Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

October

BREAST CANCER AWARENESS MONTH

What is a Mammogram?

Mammograms are probably the most important tool doctors have not only to screen for breast cancer, but also to diagnose, evaluate, and follow people who've had breast cancer. Safe and reasonably accurate, a mammogram is an X-ray photograph of the breast.

Did You Know... The State of Maine Health Plan Has You Covered!

In-Network Mammogram Screenings, both preventative & medically necessary are covered at 100%.

There are over 3.8 million breast cancer survivors in the United States.

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.

hello

FALL UPCOMING LOCAL EVENTS

Scenes of Maine Annual Paint Exhibit (October 1st – October 31st): Richard Boyd Art Gallery (Portland ME)

Camp Sunshine Movie Night (October 21st) & **Pumpkin Festival** (October 22nd), L.L. Bean, Freeport ME

Visit some of Maine's State Parks and check out the beautiful fall foliage:

October 14 – 20 is the best week for peak color in western and southern Maine. Check out Mt. Blue State Park!

October 21 – 27 is the best week for peak color in southern and coastal Maine. Check out Reid State Park!

In-Store Vaccination Clinics (October 25th and 26th from 4:00 PM – 7:00 PM), Augusta Shaw's



Laughing is good for the heart and can increase blood flow by 20%.

DID YOU KNOW?



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RESOURCES:

Health Insurance: Anthem Blue Cross Blue Shield
<https://www.anthem.com/> or 1-888-672-7151

WellStarME: www.wellstarme.org

LivingResources Program: www.guidanceresources.com
 Web ID: LivingME or 1-844-207-LINK (5465)

eNewsletter Subscription: www.maine.gov/bhr/oe/

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**THE STATE OF MAINE DIVISION OF
 EMPLOYEE HEALTH & WELLNESS**

www.maine.gov/bhr/oe/

Join our e-mail list by
 scanning the QR Code below &
 follow us on social media!



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