




Wellness Resources

<i>Program</i>	<i>More information</i>
<p>WellStarME www.WellStarME.org</p> 	<p>On-line wellness program available to employees, retirees and spouses/domestic partners enrolled in the State of Maine Health Plan.</p> <p>WellStarME can help you:</p> <ul style="list-style-type: none"> • Keep track of your health numbers (e.g. blood pressure, cholesterol) • Connect you with local, no cost resources for help with tobacco cessation and National Diabetes Prevention Program sites • Maintain an activity log and much more!
<p>Gym Membership Reimbursement Program e-mail: Info.Wellness@maine.gov</p>	<p>Employees are eligible for reimbursement of up to \$40 per month at any qualifying gym. <i>*Members must be eligible for State of Maine paid benefits</i></p> <p>Visit www.maine.gov/deh for additional program information including attendance requirements, sample list of qualifying gyms and tax information.</p>
<p>Anthem Blue Cross and Blue Shield Fitness & Health Discount Programs 1-844-273-4614</p>	<p>Available to members of the State of Maine Health Plan. Discounts include, but not limited to:</p> <ul style="list-style-type: none"> • Activity trackers • Gym memberships • Nutrition programs <p>Log on to www.Anthem.com and select Discounts to learn more!</p>
<p>The Silver Sneakers Fitness Program Program includes a fitness membership to participating gyms, exercise classes and more. 1-888-423-4632</p>	<p>Silver Sneakers is available to members of the Aetna Medicare Advantage Plan.</p> <p>www.silversneakers.com</p>
<p>Healthy Lifestyle Coach 1-866-213-0153</p>	<p>The Healthy Lifestyle Coaching Program is available to members of the Aetna Medicare Advantage Plan.</p>
<p>Living Resources Program 1-844-207-LINK (5465) <i>Available 24/7</i></p>	<p>Available to active employees, retirees and all members of their household. Program services include:</p> <ul style="list-style-type: none"> • Confidential emotional support • Legal guidance • Financial resources • Work-life solutions • Online support www.guidanceresources.com (web ID: LivingME)