



# June is Family Health & Fitness Month

## LOOKING AHEAD...

### Massachusetts Parks and Recreation

Want to find a new outdoor adventure in MA?

### Open Enrollment ends June 13

Do you need to make changes to your benefit elections? There is still time!

### Air 1,000

Grab your teammates and head outside for 1,000 minutes of outdoor exercise!

### Wellness Webinars

This month we focus on building new healthy habits, improving our mood through food, improving our fitness, and learning new BBQ tips and tricks through an online cooking class!

### Recruiting New Wellness Champions

Do you want to help promote wellness and earn HRA or HSA dollars in the new Plan Year?

### Wellness Rewards

Get reimbursed for your gym membership, a new fitness watch, or gym equipment!

### The Wellness Corner

Summer is here! How about trying a Strawberry-Melon Salad?

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.



## *Let's Head Outside and Enjoy Nature!*

Family Health & Fitness Day is on June 11! This day promotes the importance of parks and recreations, encourages families to spend time together outdoors, build strong family bonds, and enjoy what our communities have to offer. Public parks, green spaces, and open trails not only protect wildlife and reduce congestion within towns, but also help [communities](#) preserve water and natural resources, and improve air quality.

A [study](#) published in *Nature* found that people who spent at least two hours every week outside, relaxing at the beach, hiking, or exploring a park, reported better health and mental wellbeing compared to those who did not. This study also found that those who live in "greener urban areas," spaces with parks, sports fields, forests, or gardens, face a lower probability of developing heart disease, diabetes, asthma, mental health problems, and obesity. Spending time in [nature](#) helps improve mood, minimizes stress, decreases blood pressure, reduces muscle tension, improves mental health, increases productivity, and promotes increased physical activity.

This June, grab your friends and family, sunglasses, and sunscreen, and participate in some outdoor lawn games, community events, or even join a sports club or team! Don't forget, June's WellRight Challenge is Air 1,000. You are challenged to exercise for an average of 1,000 minutes outside as an individual or as a team (more information available on the next page). What are you waiting for?



There is so much to do in Massachusetts! Are you looking for areas where you can go camping or fishing? What about a place you and the family can go swimming, participate in outdoor activities, or visit a state park? For more information on parks and recreations in Massachusetts, please visit <https://www.mass.gov/topics/parks-recreation>.  
Let's find a new adventure this summer!



## OPEN ENROLLMENT ENDS JUNE 13

The 2022 Open Enrollment period for the Roman Catholic Archdiocese of Boston Health and Dental Plans ends **June 13**. During this period, you may review your Health and Dental Plan options and make changes to your benefit elections based on your family's needs without a qualifying life event or the need to submit supporting documentation.

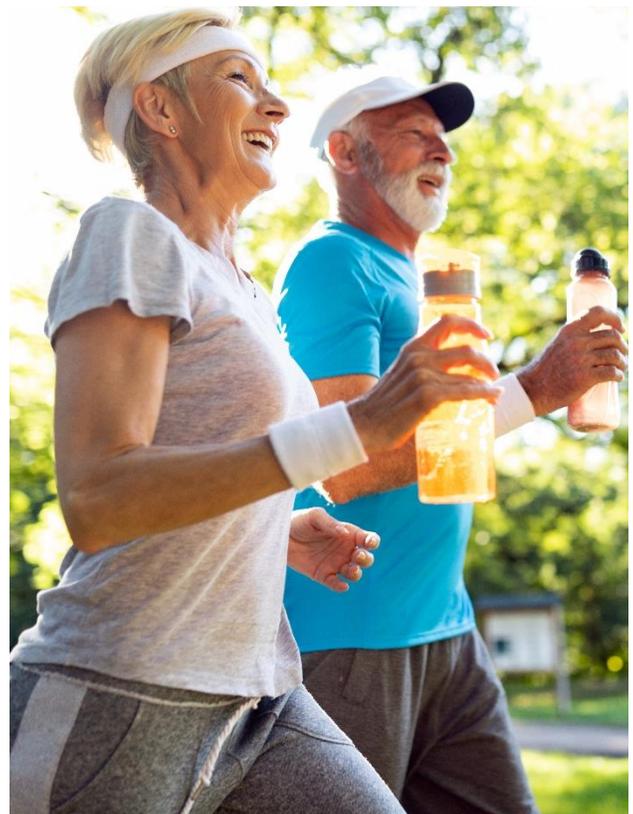
If you would like to keep your current elections, no action is required. If you want to make changes to your Health and/or Dental Plan elections, you must make them **by 5:00 p.m., Monday, June 13** through the MyEnroll system, which can be accessed at [myenroll.com](https://myenroll.com). The Benefits Department is also offering Open Enrollment webinars on June 2<sup>nd</sup>, 6<sup>th</sup>, and 9<sup>th</sup>. If interested in attending, please register [here](#).

## AIR 1,000

Air 1,000 challenges you to exercise outside AS A TEAM for a total average of 1,000 minutes in one month. Go for a run. Take a hike. Go swimming. Get some fresh air. All recorded exercise data on your Fitbit, Apple watch, Garmin, or other fitness tracking device will auto-sync after the first setup connection!

Team captains can create and invite team members. Teams are limited to 6 participants, and you can also choose to participate as an individual. If you have any questions about setting up your team, please reach out to [support@wellright.com](mailto:support@wellright.com). For any questions about the Challenge itself, please email Kara Lavertu, Wellness & Wellbeing Manager, at [klavertu@rcab.org](mailto:klavertu@rcab.org).

The team with the highest average of exercise minutes over the month of June and the top three individuals who logged the most exercise minutes will win prizes. All team members must log 1,000 exercise minutes as individuals to earn 50 points for this Challenge. Once your team reaches the average total of 1,000 minutes - keep going! Let's see how many exercise minutes your team can accumulate together!



## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$20 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year.

### Food & Mood: You Are When You Eat Inside & Out

**Wednesday, June 8<sup>th</sup> @ 6:30pm**

What we eat and when we eat it impacts our mood and stress level. This webinar will offer information on certain foods that may trigger stress and strategies to enhance your mood through food.

[Click Here to Access Webinar](#)

### Habit Management for a Healthy You

**Tuesday, June 14<sup>th</sup> @ 5:30pm**

Do you have a bad habit you just can't seem to break? This webinar looks at common habits you may want to change, including smoking, vaping, substance abuse, or any habit that has a negative impact on your health. Participants will use the Stages of Change model to understand awareness of a habit, readiness to change, and how to take action with sustainable results.

[Click Here to Register](#)

### **Online Cooking Class!** BBQ Sides, Sauces & Main Courses

**Thursday June 23<sup>rd</sup> @ 4:30pm**

Come join us to find out everything you need to know about barbecuing! Participants learn how to prepare healthy rubs, marinades, side salads and salsas, while also focusing on food safety and healthy meal planning tips for seasonal celebrations.

[Click Here to Register](#)

### James Parker-Ashley Fitness Class

**Thursday, June 30<sup>th</sup> @ 6pm**

James is back with another Pilates-style class! This class is designed to improve your flexibility, build strength, control, and endurance. All levels are welcome. Grab your fitness mat and join us!

[Click Here to Register](#)



## In Case You Missed It...

You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to Amanda Gately, Benefits Associate, at [agately@rcab.org](mailto:agately@rcab.org)** and you can earn 20 HRA/HSA dollars. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

### Preventing Back Pain

[Click Here to Access Webinar](#)

### Go Global: Superfoods from Around the World

[Click Here to Access Webinar](#)

### Seven Habits for Truly Effective Weight Management

[Click Here to Access Webinar](#)

### Comfort Foods Made Healthy

Please contact Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) for the recording link.



Let us know what you want to see!  
Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) with your webinar topic ideas or requests.

## ARE YOU READY TO BECOME A WELLNESS CHAMPION?

The RCAB Benefits Department is recruiting Wellness Champions for the new Plan Year!

We are looking for those who:

- ✓ Are passionate about health, wellness, and wellbeing
- ✓ Advocate for a healthy, supportive work culture
- ✓ Encourage co-workers and other employees to engage in worksite wellness activities to help them earn HRA or HSA dollars
- ✓ Participate in monthly calls to learn about wellness incentives, new wellness offerings, tools, and related resources
- ✓ Serve as an informational resource at their worksites regarding the RCAB Health Plans
- ✓ **Earn \$150 HRA or HSA for satisfactory completion and engagement**

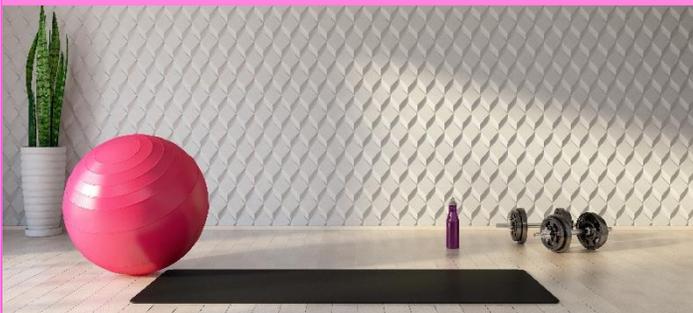
Our current Wellness Champions program is winding down in June but will return in September. If you are interested in signing up, please contact Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org).

### Don't Forget to Submit Your Wellness Rewards Form!

Employees and spouses enrolled in one of the RCAB Health Plans can each be reimbursed for up to \$150 in HRA or HSA dollars for wellness purchases! Eligible expenses include:

- ✓ Gym membership costs
- ✓ Personal and group fitness memberships
- ✓ Fitness Trackers (FitBit, Apple Watch, Garmin, etc.)
- ✓ Online class memberships (FitBit Premium, Peloton, etc.)
- ✓ Exercise equipment (treadmills, spinning bikes, dumbbells, resistance bands, etc.)
- ✓ Sports Team membership fees
- ✓ COVID-19 Related PPE (hand sanitizer, face masks, etc.)
- ✓ Weight management memberships

Please download the Wellness Rewards form [here](#) and email the form and receipt to Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org).



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Everything to live a healthier life



*Make sure you earn all your HRA or HSA points before June 30<sup>th</sup>!*

*To view the points for completed Wellness Incentives you have earned so far this Plan Year, and what points you still have the ability to earn, please log in to [ahealthyme](#), select the "Details" link under the Point Tracker or click the tab "My Points" > "Incentive Summary", and scroll to the bottom of the Incentives Summary page.*

*Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) with any questions.*

THE  
WELLNESS  
CORNER

New health and wellness topics covering exercise routines, recipes, tips, and tricks to spark motivation in your life every month!



### Ingredients

- 1 cup of lemon yogurt
- 1 tsp of lemon juice
- 1 TBSP of honey
- 2 cups of fresh strawberries, halved
- 2 cups of watermelon balls
- 2 cups of cantaloupe balls

Recipe by AllRecipes:  
<https://www.allrecipes.com/recipe/214986/strawberry-melon-summer-salad/>

## Strawberry-Melon Salad for Summer

### Directions

1. In a large bowl, whisk together the yogurt, honey, and lemon juice until silky smooth.
2. Gently fold the watermelon balls, cantaloupe balls, and strawberries into the yogurt.
3. Toss fruit in the salad bowl and serve.

Enjoy!

In good health,  
Roman Catholic Archdiocese of Boston Benefits



Do you have a favorite healthy recipe? Share it with us! Email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) and it could be included in one of our future newsletters.