



Well-Being News and Updates



1st Quarter 2021 - February



Upcoming Event: Statewide Virtual Wellness Conference

Self-Care Essentials for the Workplace

**March 11, 2021
8:30 a.m. - 11:30 a.m.**

Here is a great opportunity to take
some time for you!

We have 4 different sessions
beginning at 8:30 AM and running
throughout the morning. This event
is free to members of the MHC. To
see the flyer & learn more about the
morning, click here:

[Conference Flyer](#)

To register for this conference,
please:

[REGISTER HERE](#)

please enjoy this
RANDOM^{act}
of
KINDNESS

Now it's your turn to pay it forward.
Do something **kind** and leave this card behind!

**Random Acts of Kindness Day® is
Wednesday February 17, 2021
Random Acts of Kindness Week is
February 14-20, 2021**

Sometimes the simplest acts of kindness,
can have a huge ripple effect! **Give it a
try!** Here are some excellent resources
that can be used with your staff or
students.

[Random Acts of Kindness](#)

[Kindness Bingo Cards](#)

[Kindness Cards](#)



We are looking forward to seeing all of you!



37 Best Virtual Team Building Activities for Remote Teams in 2021

Looking for some fun Team Building activities for your workplace? Check these out. You can easily customize them to fit your workplace. Let us know if you try them out. We would love to hear from you!

[Team Building Activities](#)

omada

Join Omada®
– a whole new way to get healthy

NEW
get support for Type 1 & Type 2 Diabetes!

Omada is a personalized program designed to help you reach your health goals, whether that's losing weight, managing diabetes, or improving your overall health. You'll get a dedicated health coach and the latest technology to support you in making lasting changes that fit your life, one step at a time.

REMINDER: Omada has a program for Type 1 (NEW) &, Type 2 Diabetics, along with the preventative program.

[Learn more here!](#)

Healthy Heart, Healthy YOU!

Throughout the month of February there are weekly events to help you keep your heart healthy. There will be a different activity each week to better understand heart health in the aisles through different products, try new recipes, and help you get answers to your questions and gain knowledge on heart health.

February 15-21, 2021

Live Q&A with a Hy-Vee Registered Dietitian

[Click here to register!](#)

Looking for some HEART HEALTH information that you can read or share with your staff:

[28 Days Toward a Healthy Heart](#)

[Know the Difference](#)

[Self-Care Tips for Heart Health](#)

GET YOUR KIDS
OUTSIDE
TO:
IMPROVE MOOD
INCREASE QUALITY OF SLEEP
INCREASE CREATIVITY
DECREASE STRESS
IMPROVE ATTENTION
IMPROVE MEMORY

SCREENFREE parenting

G.O. - (GET OUTSIDE)

Getting outside is good for us, especially



St. Patrick's Day is right around the corner, March 17th! Here are some fun, new, green recipe ideas for you try out.

[26 Healthy St. Patrick's Day Recipes](#)



Telemedicine, Office Visit or Urgent Care. Do you know your options for Care?

Choosing the right place for care helps ensure the right level of care is provided. Plus, it can help save time and money.

[Know where to go!](#)

for kids. Outdoor activities can reduce stress, anxiety, improve sleep and improve academic performance. Minnesota has beautiful parks, lakes, and trails. Here are some great resources if you are looking for a new place to explore & GET OUTSIDE! Warmer weather is coming.

The **Explore MN** website has guides with information on what ever type of recreation you are looking for: skiing, fishing, cycling, hiking and more. Check them out: [Explore MN](#)

The **MN Great Outdoors** website is amazing. You can access information on 186 parks and 435 trails around MN. There are hundreds of adventures right in our own backyards. [MN Great Outdoors](#)

Daylight Saving Time begins on Sunday, March 14 at 2:00 A.M .
On Saturday night, set your clocks forward one hour (i.e., losing one hour) to "spring ahead."



Stigma & Mental Health

There's been a lot of work in the past few years to reduce the stigma around behavioral health. That work has yielded welcome results in how we perceive those struggling with behavioral health issues.

[Learn more here!](#)

STAY SAFE MN

The #StayConnectedMN is a communication campaign with simple messages and tips on how to support mental health and well-being. The self-guided toolkit is easy to use, with messages and ready-made posts that apply to most audiences. Click [here](#) to access the toolkit.

#StayConnectedMN:

One of the strongest ways to support mental well-being is by staying connected to ourselves, our friends, and the world around us. Supporting and connecting with one another can help all of us be well. You can help support mental well-being in your community or organization by sharing information and resources for connecting.

It pays to shop for medical care!

Save with SmartShopper.

MRI: \$1,500
Cash Back: \$150

MRI: \$3,000
Cash Back: \$150

1-866-285-7452
BCBSMN.SmartShopper.com



SmartShopper

The same routine medical procedure can vary widely in price, even in-network. When you shop with SmartShopper, everyone saves money and you get a piece of the savings.

Smartshopper



Suzi Ruper



Chris Wavra



Nicole LaChapelle-Strumski



Brittani Daniel



Hannah Keltgen



Kari Bailey