



June is here... Welcome summer!

Click [HERE](#) to read the Anthem Blue Cross June newsletter!

June is Preventative Health Month and a great time to set up your Annual Checkup and screenings.

Earn points and up to \$200 toward your end of the year wellness reward dollars just by going to your annual physical, yearly dental and vision exams and other preventative screenings (mammograms, colonoscopies, annual bloodwork, bone density screenings, etc.) Questions about signing up for the Be Well Wellness program, please email me at ruggiril@mansfieldct.org.



Congratulations to our **April Challenge** winners:

- Amp it Up Challenge - Michelle Kolomyjec - \$50 to The Shoe Smith Willimantic
- Virtual 5K Finishers - Jennifer Zugarazo, Ashley Ruegg, Micaela Orpheus, and Lindsay Halle each received a Finisher T-shirt.
- Monica Ferrara won a \$25 Wellness Related Gift Card for completing the Employee Wellness Survey in the May newsletter!

June Employee Wellness Challenges



ELEVATE GROUP CHALLENGE

Earn 15 points for participating in a group challenge.

Registration begins June 6 – Challenge begins June 20 and wraps up July 31!

Learn to rise above your exercise obstacles during this six-week activity challenge. Each week, you will receive a new activity minute goal, as well as tips and tricks for maintaining your motivation, making personal goals, and becoming a long-term workout wonder. By the end of this challenge, you should be moving for 150 minutes per week—the minimum amount recommended by both the American Heart Association and the Department of Health and Human Services. Register online on your wellness portal at bewellmansfieldct.com.

** Summer session of fitness classes at the MCC start Monday, June 20 and run through Sunday, August 21. Check out the schedule [HERE!](#) FT and PT employees of the Town of Mansfield can join the Community Center at a discounted rate! Check out the rates [HERE!](#)*



100 Hours Outside Summer Challenge

Earn 10 points for participating in (3) staff wellness challenges during the year.

Take advantage of the longer days & warmer weather of summer by participating in Be Well's 100 Hours Outside Summer Challenge! Science has proven that time spent in nature helps improve mood, reduces stress, and improves your sleep among a host of other incredible benefits. It's easier than you might think to boost your outdoor time... take a walk , go fishing , eat lunch or dinner outside, read a book under a tree, tend your garden, go swimming, enjoy an outdoor concert - the options are endless!

- Register on your portal under the Events tab or by emailing be_well@mansfieldct.org.
- Download the tracker [HERE!](#)
- Participate in this challenge alone, with a group, or commit your family! The first **10** individuals/groups to complete the challenge will receive a wellness prize pack! Deadline to complete the challenge is August 31, 2022.



Get started on this fun challenge by checking some great OUTDOOR events in and around Mansfield this month! (Click on the event for more information)

June 4 – [Connecticut Trails Day](#)

June 4 – [John E. Jackman Tour de Mansfield](#)

June 25-26 – [The Great American Campout @Bicentennial Pond](#)

Tuesday and Thursdays @ noon in June – [Workday Wellness Walks](#)

Thursday evenings in June - [Summer Concerts on the Square](#)

[Wellness Initiatives to Live Healthier & Happier in 2022!](#)



Do you really understand your EAP (Employee Assistance Program) benefits?

If the answer is *NO*, then click [HERE](#) to listen to a brief informational session with Sara Barber, EAP manager at United Services and Leslee Ruggeri, Wellness Specialist talk about how to take advantage of your employee EAP benefit! EAP can help employees and eligible family members deal with a variety of life situations including: stress, marital and family problems, emotional problems, addictive behaviors, drug and alcohol abuse, job related problems, and legal and financial referrals.



Summer is a great time to establish wellness goals. As your town Wellness Specialist, I am here to help if you are looking to start a fitness program, improve

your nutrition, reduce your stress, and establish new healthy habits. Feel free to reach out to me to schedule a time to meet at [ruggieril@mansfieldct.org](mailto:ruggeril@mansfieldct.org).