


# City of Malden Open Enrollment

April 26 – May 14 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 Harvard Pilgrim Health Care				
<p>4/26</p> <p><b>OPEN ENROLLMENT BEGINS!</b></p>	<p>4/27</p> <p><b>Get Ready, Go</b> 2pm – 2:30pm</p> <p><a href="https://us02web.zoom.us/j/87257449259">https://us02web.zoom.us/j/87257449259</a></p>	<p>4/28</p> <p><b>Wellness Wednesdays!</b> Yoga 4:15pm-5:15pm</p>	<p>4/29</p> <p><b>Healthy Lunches &amp; Snacks for Kids!</b> Pre-recorded 26 mins. Available any time! <a href="https://www.youtube.com/watch?v=BjFHGHqYpOk">https://www.youtube.com/watch?v=BjFHGHqYpOk</a></p>	<p>4/30</p>
<p>5/3</p> <p><b>Get Techno Healthy – Ergonomics for the Family</b> Pre-recorded 28 mins. Available any time! <a href="https://www.youtube.com/watch?v=LQ1-JC8Emgg">https://www.youtube.com/watch?v=LQ1-JC8Emgg</a></p>	<p>5/4</p> <p><b>Step into Spring</b> 10am – 10:30am</p> <p><a href="https://us02web.zoom.us/j/85397819965">https://us02web.zoom.us/j/85397819965</a></p>	<p>5/5</p> <p><b>Wellness Wednesdays!</b> Yoga 4:15pm-5:15pm</p>	<p>5/6</p> <p><b>1:1 WITH HPHC (SIGN UP VIA HR)</b> or call HPHC at your convenience: <b>existing members 888-333-4742</b> <b>new members 866-874-0817</b></p>	<p>5/7</p> <p><b>Family Fitness Kids Yoga</b> Pre-recorded 29 mins. Available any time! <a href="https://www.youtube.com/watch?v=mYAlj3eo_xq">https://www.youtube.com/watch?v=mYAlj3eo_xq</a></p>
<p>5/10</p> <p><b>Meatless Mondays Made Yummy</b> 3:30pm – 4pm</p> <p><a href="https://us02web.zoom.us/j/89693625808">https://us02web.zoom.us/j/89693625808</a></p>	<p>5/11</p> <p><b>Better Balance Better You</b> 10:30am – 11am</p> <p><a href="https://us02web.zoom.us/j/88474539638">https://us02web.zoom.us/j/88474539638</a></p>	<p>5/12</p> <p><b>Wellness Wednesdays!</b> Yoga 4:15pm-5:15pm</p>	<p>5/13</p> <p><b>Kaia Overview and Demonstration</b> 10am-10:30am and 3pm-3:30pm <a href="https://kaiahealth.zoom.us/j/88213176780">10am on 5/13 [kaiahealth.zoom.us]</a> <a href="https://kaiahealth.zoom.us/j/88213176780">3pm on 5/13 [kaiahealth.zoom.us]</a></p>	<p>5/14</p> <p><b>ALL CHANGES DUE TO HR BY END OF DAY</b></p>
<p><b>Live Yoga Classes</b> every Monday and Wednesday 5:15pm – 6:15pm</p> <p><a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p>	<p><b>Live Guided Meditation</b> every Tuesday 8:30am – 9am <a href="https://zoom.us/j/946535238">https://zoom.us/j/946535238</a> every Thursday 8:30am – 9am <a href="https://zoom.us/j/580279161">https://zoom.us/j/580279161</a></p>	<p><b>Live Wellness Webinars</b> every Wednesday 1pm- 1:30pm</p> <p><a href="https://us02web.zoom.us/j/996948529">https://us02web.zoom.us/j/996948529</a></p>	<p><b>Live Tabata Classes</b> every Thursday 1pm – 1:30pm</p> <p><a href="https://us02web.zoom.us/j/88213176780">https://us02web.zoom.us/j/88213176780</a></p>	<p><b>Live Zumba Classes</b> every Tuesday and Thursday 5:15pm - 6:15pm</p> <p><a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p>

## **1:1 with Harvard Pilgrim** Thursday May 8, 2021 10am-12pm; 4pm-5pm

Opportunity for City of Malden employees to have a 1:1 Webex conversation with Lauren McCallum from Harvard Pilgrim to ask questions regarding HPHC benefits and plan design. Sessions are 15 minutes. Please sign up via HR (call Crystal at 781-397-7199) and provide your email address. You will then be sent an email from Lauren with a Webex log in information for your time slot. You may also call HPHC at your convenience with any questions. For existing members with questions on their current plan please Member Services at 888-333-4742. For new employees, employees joining the City of Malden's plan for the first time or members changing plan designs, please call HPHC's Smart Start team at 866-874-0817

*\*Any class offered during normal work hours should be coordinated with your Supervisor.*

## **Wellness Wednesdays Yoga!** Every Wednesday April 7 – May 26, 2021 4:15pm – 5:15pm (Receive 50 points for participation in at least 3 classes!)

Join your colleagues for a weekly yoga series hosted by Harvard Pilgrim just for City of Malden employees!

<https://us02web.zoom.us/j/82715220758?pwd=a0Y1aklNcmgzYmQxU3hVWFNjNUZqQT09> [us02web.zoom.us]

## **Live Wellness Webinars** See dates and times below

### **Get Ready, Go - April 27, 2021 from 2pm-2:30pm**

Feeling out of shape? Participants will gain an understanding of the importance of warming up and stretching, along with tips about how to stay healthy and maximize the cardiovascular benefits of their activities. *By opening this zoom meeting/link, you agree that you have read this consent and understand its content." By continuing the video, I hereby voluntarily give consent to engage in a fitness class. I understand that this class is voluntary, and I am in no way obligated to actively participate but I may observe as an option. This does not in any way impact eligibility for health insurance coverage. No results will be given in this class and I am able cease my participation at any time. This class may involve the use of the heart, lungs, blood vessels and musculoskeletal system. It is designed to increase the demands on these systems. I understand the class may include the use of free weights, exercise bands, stability balls, and other portable exercise equipment. I understand that I am responsible for monitoring my own condition throughout the class. Should any unusual symptoms occur I will cease my participation immediately. Unusual symptoms may include chest discomfort, nausea, difficult breathing and joint or muscle injury. In participating, I agree to assume all risks of this class. I further understand that although this class is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates ("Harvard Pilgrim"), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.*

### **Step into Spring - May 4, 2021 from 10am-10:30am**

Spring is the season of fresh starts, hope, flowers and renewal. As we are all emerging from a VERY long winter in so many ways, this webinar will focus on how we can fully embrace the spring season! We'll discuss ideas such as new ways to enjoy spring fruits and vegetables, tips on spring clearing and more! *By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates ("Harvard Pilgrim"), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.*

### **Meatless Mondays Made Yummy - May 10, 2021 from 3:30pm-4pm**

Whether you just want to add more vegetables and grains, or are a true vegetarian, this cooking class will help you discover how to add more plants to your repertoire! *By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates ("Harvard Pilgrim"), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.*

## **Better Balance Better You - May 11, 2021 from 10:30am-11am**

This webinar focuses on the action steps for better productivity and time management as well as tips for avoiding overworking, multitasking and burnout. In addition, there is information provided on how to decide what is important and setting goals. By opening this zoom meeting/link, you agree that this meeting is being sponsored by Harvard Pilgrim Health Care, Inc. and/or its Affiliates ("Harvard Pilgrim"), Harvard Pilgrim shall not at any time or to any extent whatsoever be liable, responsible or in any way accountable for any loss, injury, or damage to be suffered or sustained by any person at any time in connection with or as a result of this class. I hereby release Harvard Pilgrim, its affiliates, subsidiaries, divisions, directors and employees from any and all legal claims arising out of, in connection with or in any way related to my participation in this class.

## **Kaia Overview and Demonstration Thursday May 13 10am-10:30am AND 3pm – 3:30pm**

Kaia is an innovative digital pain management program. If working long hours has you feeling aches and pains like a stiff neck, sore lower back, or aching shoulders, Kaia Health's evidence-based program can help you fight chronic pain head on. Designed to fit your busy schedule, you can do the Kaia program whenever and wherever is most convenient to you.

## **Pre-Recorded Programming Options These programs are available to you at any time or day of choice!**

**Healthy Lunches and Snacks for Kids** - Working at home with kids? Feel like you're always fielding "I'm hungry" requests? One of the tips to make home Zoom-schooling easier is to pack lunches and snacks in the morning, as well as having the kids make some easy snacks and lunches themselves. This pre-recorded 26-minute cooking demonstration will showcase some tasty and healthy snacks and lunches, easily made by kids or adults!

**Family Fitness Yoga** - The practice of yoga is beneficial to everyone. This pre-recorded 29-minute class is tailored to kids of all ages and abilities. This fun, approachable class is taught by a kid's yoga educator. Yoga and breathing helps kids regulate emotions while the physical poses in yoga work muscles and burn off energy. Adults and parents are free to join in and participate with your children!

**Get Techno Healthy: Ergonomics for the Family** - You don't have to be an adult to experience muscular aches and pains from extended computer use. With all the Zoom-schooling your children may be experiencing their own aches and pains from too much screen time. Learn quick, easy ways to improve your posture, prevent injuries and feel better while at your workstation. This is a pre-recorded 28-minute video.