



Outlook

October Wellness Newsletter

From MIIA Wellness <miiawellness@mma.org>

Date Mon 10/5/2026 8:01 AM

To virdenk@carver.org <virdenk@carver.org>

— MIIA Wellness —

Monthly Newsletter



October 2026

We have two new programs that I am pleased to announce. The first is a service to help members who are struggling with a cancer diagnosis, either for yourself or a family member. MIIA has partnered with [Cancer Navigator](#) who specializes exclusively in cancer care and supporting patients and their families in their hour of need. This program is available at no cost to MIIA/Blue Cross subscribers on an active plan.

Many people have already participated in our Pathways programs - self-directed, online programs geared towards encouraging behavior change for a healthier lifestyle. I am excited to introduce our newest Pathway about creating [microhabits](#). This is a 28-day program where you choose up to three small habits you want to change or add to your daily routine. By working on small changes each day, you can create lasting healthy behaviors. All of our Pathways are open to all employees and spouses and MIIA/Blue Cross subscribers can earn rewards for participation.

Lastly, congratulations to our September Fun Day winners - Kerry C from Ayer, Melissa L from Amesbury, Jessie S from Lee, Thaya P from Boxford, Tracey G from Chelmsford. This month's Fun Day Challenge about coffee can be found below.

— Courtney Hernandez, MIIA Wellness Manager



GENERAL WELLNESS

New Pathway Added

We have added a new 28-day Pathway focused on forming microhabits. In this Pathway, you will choose up to three small, realistic habits to work on and learn how to make them easier to fit into your everyday life. (Pathways is open to all employees. Only MIIA/Blue Cross subscribers are eligible for prizes.)

Learn More →



GENERAL WELLNESS

New Cancer Support Service with Cancer Navigator

Cancer Navigator is a premium education and navigation service for cancer patients and their families. Work with a dedicated oncology nurse for end-to-end cancer support to understand diagnosis, get to great care for the specific disease, and work through all the other challenges a cancer diagnosis brings. (Cancer Navigator is only open to MIIA/Blue Cross subscribers on an active plan.)

Learn More →



FOOD & NUTRITION



New Benefit! - Nutré

MIIA partners with **Nutr ** to offer portion-controlled, fully prepared meals, delivered to your door at a discount. Each month we will be highlighting a new seasonal menu item from Nutre's selections. This month we are spotlighting **stuffed acorn squash**. Learn more about this item and your benefit by clicking below.

October Menu Highlight →



GENERAL WELLNESS

Am I Feeling Down or is it Something More?

Disappointments, stress, loss, and difficult life circumstances can leave us feeling down, unmotivated, or emotionally drained. While these feelings are a normal part of being human, depression is something different. **Learn to Live** can help. (Learn to Live is open to all employees and spouses.)

Learn More →



GENERAL WELLNESS

Webinar of the Month – Health Benefits of Being in Nature

Join us for an informative webinar exploring the science-backed health benefits of spending time in nature. Discover how stepping into green and blue spaces can lower cortisol and reduce blood pressure. Learn simple targets for outdoor time to clear mental fog, improve sleep, and restore your overall well-



being. Complete at least 5 out of 10 short pre-recorded webinars, including quiz questions, by August 31, 2027 and earn a \$50 gift card.

Learn More →

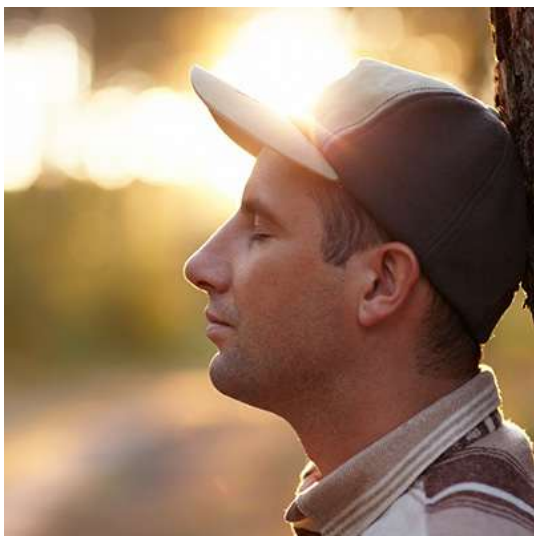


GENERAL WELLNESS

Fun Day Challenge! – International Coffee Day

International Coffee Day is a fun way to celebrate the comfort, connection, and energy that coffee brings to people around the world. (The Fun Day Challenge is open to all employees and anyone can win a prize.)

Learn More →



GENERAL WELLNESS

Did You Know?

Time spent in nature boosts your immunity, calms your mind and reduces anxiety. Even small amounts are beneficial.

Learn More →



GENERAL WELLNESS

Prepare for Flu season

Flu activity is trending earlier this year, so now is the time to get your flu vaccine. While October is often the traditional recommendation, waiting could mean missing the opportunity for early protection. Schedule your flu vaccine appointment as soon as possible.

Learn More →



GENERAL WELLNESS

Walking in Massachusetts – Whitney and Thayer Woods in Cohasset

Every month we feature a walk highlighting the beautiful nature paths throughout Massachusetts. This month we are revisiting a previous hike, adding new information and revamping it to the new format. We still offer trail recommendations and showcase what makes each location a special place to visit and explore. We hope you enjoy these walks by yourself or with family, friends, or furry friends. This month, visit Whitney and Thayer Woods in Cohasset, MA.

Learn More →

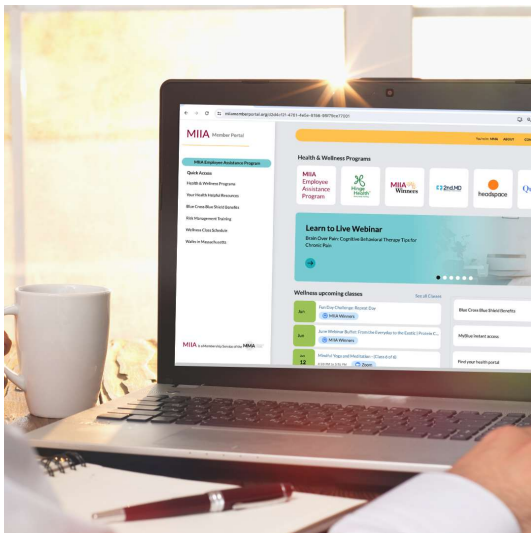


GENERAL WELLNESS

Download the MIIA Mobile App

Now you can access all your MIIA health & wellness programs, read our monthly Wellness newsletter, get healthy recipes, and register for classes — all from your phone.

Learn More →



GENERAL WELLNESS

Wellness Classes at your Fingertips

Your unique **MIIA Member Portal** provides access to health and wellness classes 24X7, along with recipes, information on vendor partners like Headspace and Ompractice and the very fun Walks In Massachusetts map. You don't need to log in to get started. Try it today!

Member Portal →



FOOD & NUTRITION

Healthy Apple Crisp

Source: [Sweet, Savory & Steph](#)

It's not October without an Apple Crisp recipe! This one is loaded with apples and easy to put together.

Learn More →





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