Carver Public Schools

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November Wellness Newsletter

MIIA Wellness <miiawellness@mma.org> Mon, Nov 2, 2026 at 8:00 AM
Reply-To: chernandez@mma.org
To: virdenk@carver.org



November 2026

What beautiful weather we had in October! I hope you were able to enjoy it in some way with friends, furry friends or family.

I want to remind everyone of the partnership we have with Nutre. Nutre is a local Massachusetts company that makes healthy meals delivered to your door. All employees get a 10% discount and MIIA/Blue Cross subscribers get an additional $25 off each week. We have heard that many teachers are taking advantage of the Nutre meals because it solves the "what can I bring for lunch" problem. Some people are also ordering Nutre for aging parents who no longer cook for themselves. As we head into Thanksgiving, I also wanted to share a 5 For Good story about Nutre giving back to the community. We are so thankful to be working with a company that is committed to helping those in need.

Lastly, I want to hightlight our newest Pathway - 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. Since this Pathway opened last month, we have had over 125 people join and start their journey towards better health. All of our Pathways are open to all employees and spouses and MIIA/Blue Cross subscribers can earn rewards for participation.

Wishing you all very happy Thanksgiving.

— Courtney Hernandez, MIIA Wellness Manager

GENERAL WELLNESS

Microhabits Pathway - New

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 →





FOOD & NUTRITION

New Benefit! - Nutré

MIIA partners with **Nutré** 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 **Shrimp Oreganata**. Learn more about this item and your benefit by clicking below.

November Menu Highlight →

YOGA & MEDITATION

Yoga Practice for Balance and Well-Being

This six week all levels yoga series explores how we can use simple yoga practices to support balance, awareness, and adaptability as we move through the seasons. Led by Janna Delgado who is a lead faculty member and trainer at Kripalu Center for Yoga and Health. (All employees are welcome to participate in this Zoom series.)

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 →

GENERAL WELLNESS

Fun Day Challenge! – National Clean Out Your Refrigerator Day!



National Clean Out Your Refrigerator Day is the perfect opportunity to tackle those forgotten leftovers, expired condiments, and mystery containers lurking on the back shelves. Giving your fridge a thorough wipe-down and reorganization will create a healthier, more efficient kitchen space just in time for the busy holiday season. (The Fun Day Challenge is open to all employees.)

Learn More ➜



FOOD & NUTRITION

Webinar of the Month – Legumes: The MVP of the Pantry

Explores the nutritional and financial benefits of incorporating beans and lentils into weekly meals, highlights their flexibility in meal planning, and features over ten ways to incorporate legumes into any meal. Complete at least 5 out of 10 short pre-recorded webinars, including quiz questions, by June 30, 2027 and earn a $50 gift card.

Learn More ➜

GENERAL WELLNESS

November is Diabetes

Awareness Month

Take charge of your Diabetes and get $0 copays with the **Good Health Gateway** Diabetes Care Rewards Program. (Good Health Gateway is only open to MIIA/Blue Cross subscribers on an active plan.)

Learn More ➜





GENERAL WELLNESS

Feel confident about your child's health journey

2nd.MD connects you with national pediatric specialists for expert second opinions on both common and complex childhood conditions. Consult with top specialists to ensure the best path forward for your child. (2nd.MD is available at no cost to MIIA/Blue Cross subscribers on an active health plan.)

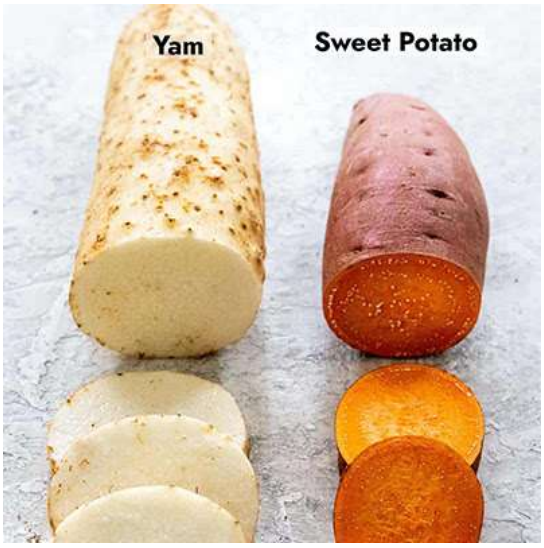
Learn More ➜

GENERAL WELLNESS

Did You Know?

Many people serve sweet potatoes at their Thanksgiving meal and we often interchange the word yam and sweet potato thinking they are the same root vegetable. Did you know they are completely different?

Learn More ➜





NATURE & THE OUTDOORS

Walking in Massachusetts – Broadmoor Wildlife Sanctuary in Natick

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 Broadmoor Wildlife Sanctuary in Natick, Ma.

Learn More ➜

GENERAL WELLNESS

Self-Directed Wellness Activities Throughout the Year



MIIA Wellness offers two, year-long opportunities for you to learn about different wellness topics on your own time and earn prizes. The Fun Day Challenge is a quick activity that promotes a FUN day of the month and the Webinar Buffet highlights a different wellness topic each month.

Webinar Buffet →

Fun Day Challenge →

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 →





FOOD & NUTRITION

Healthy Thanksgiving Fruit Salad

Source: Plant Based on a Budget

This is a fun and healthy side salad to serve with turkey or roasted chicken. It is sure to please both adults and kids alike!

Learn More →

MIIA Wellness

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