

# City of Newton Open Enrollment 5/3 – 5/28



## Harvard Pilgrim Health Care

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5/3</p> <p><b>Live Yoga Class</b> 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p>	<p>5/4</p> <p><b>Live Guided Meditation</b> 8:30am – 9am <a href="https://zoom.us/j/946535238">https://zoom.us/j/946535238</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p>	<p>5/5</p> <p><b>Live Yoga Classes</b> 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p> <p><b>Live Wellness Webinars</b> 1pm- 1:30pm <a href="https://us02web.zoom.us/j/996948529">https://us02web.zoom.us/j/996948529</a></p>	<p>5/6</p> <p><b>Live Tabata Classes</b> 1pm – 1:30pm <a href="https://us02web.zoom.us/j/88213176780">https://us02web.zoom.us/j/88213176780</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p> <p><b>Live Virtual HPHC Presentation</b> 3:30 – 4:30pm <a href="#">JOIN NOW</a></p>	<p>5/7</p> <p><b>Family Fitness Kids Yoga</b> Pre-recorded 29 mins. <b>Available any time!</b> <b>Available any day!</b> <a href="https://www.youtube.com/watch?v=mYAli3eo_xg">https://www.youtube.com/watch?v=mYAli3eo_xg</a></p>
<p>5/10</p> <p><b>Live Yoga Class</b> 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p>	<p>5/11</p> <p><b>Live Guided Meditation</b> 8:30am – 9am <a href="https://zoom.us/j/946535238">https://zoom.us/j/946535238</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p>	<p>5/12</p> <p><b>Live Yoga Classes</b> 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p> <p><b>Live Wellness Webinars</b> 1pm- 1:30pm <a href="https://us02web.zoom.us/j/996948529">https://us02web.zoom.us/j/996948529</a></p> <p><b>1:1 WITH HPHC (SIGN UP VIA HR)</b> 11am – 1pm and 3pm – 5 pm</p>	<p>5/13</p> <p><b>Live Tabata Classes</b> 1pm – 1:30pm <a href="https://us02web.zoom.us/j/88213176780">https://us02web.zoom.us/j/88213176780</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p>	<p>5/14</p> <p><b>Get Techno Healthy – Ergonomics for the Family</b> Pre-recorded 28 mins. <b>Available any time!</b> <b>Available any day!</b> <a href="https://www.youtube.com/watch?v=LQ1-JC8Emag">https://www.youtube.com/watch?v=LQ1-JC8Emag</a></p>
<p>5/17</p> <p><b>Live Yoga Class</b> 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p>	<p>5/18</p> <p><b>Live Guided Meditation</b> 8:30am – 9am <a href="https://zoom.us/j/946535238">https://zoom.us/j/946535238</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p>	<p>5/19</p> <p><b>Live Yoga Classes</b> 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p> <p><b>Live Wellness Webinars</b> 1pm- 1:30pm <a href="https://us02web.zoom.us/j/996948529">https://us02web.zoom.us/j/996948529</a></p>	<p>5/20</p> <p><b>Live Tabata Classes</b> 1pm – 1:30pm <a href="https://us02web.zoom.us/j/88213176780">https://us02web.zoom.us/j/88213176780</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p> <p><b>Live Virtual HPHC Presentation</b> 3:30 – 4:30pm <a href="#">JOIN NOW</a></p>	<p>5/21</p> <p><b>Healthy Lunches &amp; Snacks for Kids!</b> Pre-recorded 26 mins. <b>Available any time!</b> <b>Available any day!</b> <a href="https://www.youtube.com/watch?v=BjFHGHqYp0k">https://www.youtube.com/watch?v=BjFHGHqYp0k</a></p>

<p>5/24</p> <p><b>Live Yoga Class</b> 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p> <p><b>1:1 WITH HPHC (SIGN UP VIA HR)</b> 11am – 1pm and 3pm – 5 pm</p>	<p>5/25</p> <p><b>Live Guided Meditation</b> 8:30am – 9am <a href="https://zoom.us/j/946535238">https://zoom.us/j/946535238</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p>	<p>5/26</p> <p><b>Live Yoga Classes</b> every Monday and Wednesday 5:15pm – 6:15pm <a href="https://us02web.zoom.us/j/528276681">https://us02web.zoom.us/j/528276681</a></p> <p><b>Live Wellness Webinars</b> every Wednesday 1pm- 1:30pm <a href="https://us02web.zoom.us/j/996948529">https://us02web.zoom.us/j/996948529</a></p>	<p>5/27</p> <p><b>Live Tabata Classes</b> every Thursday 1pm – 1:30pm <a href="https://us02web.zoom.us/j/88213176780">https://us02web.zoom.us/j/88213176780</a></p> <p><b>Live Zumba Classes</b> 5:15pm -6:15pm <a href="https://us02web.zoom.us/j/959837402">https://us02web.zoom.us/j/959837402</a></p>	<p>5/28</p> <p><b>Open Enrollment Ends</b></p>
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### **1:1 with Harvard Pilgrim** Wednesday, May 12 and Monday, May 24 at 11am-1pm and 3pm-5pm

Opportunity for City of Newton employees to have a 1:1 Webex conversation with Mike Hurley from Harvard Pilgrim to ask questions regarding HPHC benefits and plan design. Sessions are 15 minutes. Please sign up via HR, by emailing Ginger Hasting (ghastings@newtonma.gov) and provide your email address. You will then be sent an email from Mike with the 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 Newton’s plans for the first time or members changing plan designs, please call HPHC’s Smart Start team at 866-874-0817**

### **Live Virtual HPHC Presentation to Review Value Adds** Thursday, May 6 and Thursday, May 20 at 3:30 – 4:30

Opportunity for City of Newton employees to join a virtual benefits meeting via Webex, where Mike Hurley will review Harvard Pilgrim’s new and existing value adds. **JOIN THE MEETING BY CLICKING [HERE](#).** If you are unable to participate, you may also call HPHC at your convenience with any questions. **For existing members with questions on their current plan please call Member Services at 888-333-4742. For new employees, employees joining the City of Newton’s plan for the first time or members changing plan designs, please call HPHC’s Smart Start team at 866-874-0817**

### **Health and Wellness Webinars** This webinar series will run on Wednesdays from 1 to 1:30 p.m. ET live via Zoom.

This series of classes takes a holistic look at health to help you stay physically and mentally resilient. You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool. Please know that Harvard Pilgrim is not responsible for the availability, privacy or security of the Zoom platform. We recommend that you use caution when sharing any personal or identifying information with online meeting applications, including any interactive features.

Access past well-being webinars any time by visiting [the Harvard Pilgrim YouTube Channel](#)

### **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.