

healthy

SPRING/SUMMER 2013

communities

feature

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is as easy as
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Consumer power in health care

Being a smart consumer means recognizing quality and value, being aware of costs and understanding the market. It also means being engaged—caring enough to ask questions and do your homework. We're probably smart consumers most of the time when we shop. Then why, I wonder, can't we be smart *health care* consumers, too?

As health care costs hit home, many of our members are recognizing that being passive is no longer an option. They're looking for ways to become more educated and involved in the decisions affecting their health insurance and care. Are you one of them?

I'm a big believer in consumer power, and I'm proud that FCHP is making even more resources available to support our members. You'll read about some of them in this issue of *Healthy Communities*.

Our newest version of the *myFCHP* member portal now has more self-service tools—such as the ability to see your claims, including how much a doctor or hospital billed for services and any cost-sharing you may have. If you haven't registered yet to use the secure portal and explore all its tools, please go to fchp.org and do so today!

On our website, you'll also find many other resources for understanding how insurance works and how to lead a healthier lifestyle. Look for our *Guides to health insurance basics*; *Clinical Guidelines* for preventing and managing disease; and the health encyclopedia *Healthwise® Knowledgebase*—to name a few. Also, check out fchp.org/caregivers if you need resources and support for an older adult.

We're very excited about our new customized wellness program, called *The Healthy Health Plan*, which encourages members to pursue wellness goals and gives them the tools to succeed. (See page 6.)

FCHP has raised the bar on supporting consumer engagement with the FCHP Information Center in the White City Shopping Center in Shrewsbury. This unique center gives many of you a place to get your health insurance questions answered in person, and to attend many informative and educational programs. Find out more at fchp.org/infocenter.

Have a fun, healthy and engaging summer! Share your thoughts with us at healthycommunities@fchp.org.



Patrick Hughes, President and CEO, Fallon Community Health Plan

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Do it the Mediterranean way

Yet another major study, released earlier this year in Spain, has reinforced the healthy benefits of following a Mediterranean diet—especially to prevent heart disease and strokes. Researchers concluded that people on the Mediterranean diet were 30% less likely to develop cardiovascular disease than those on a general low-fat diet. That's a significant finding.

Exactly what is the Mediterranean approach? It's not so much a diet as an eating lifestyle—one that is generally easy to follow.

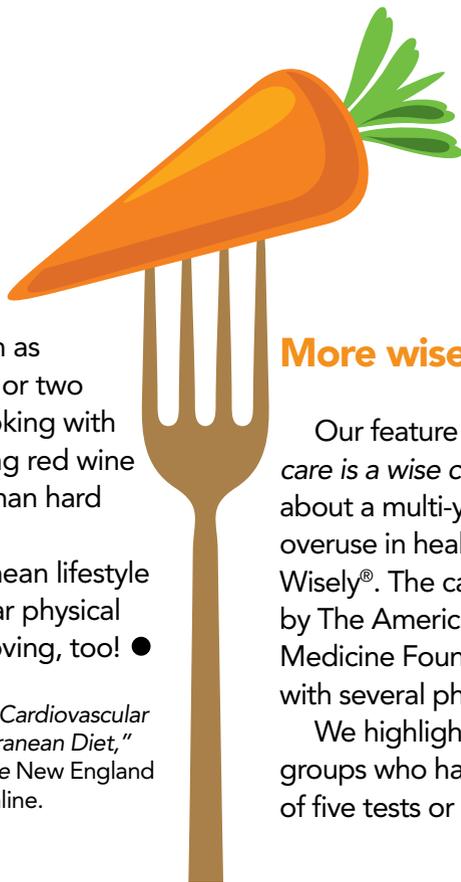
Eat more of these foods:

- Olive oil
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Fruits and vegetables
- Legumes (green beans, peas, beans, lentils)
- Whole-grained cereals and pasta
- Some fish and poultry

Eat less of these foods:

- Dairy products
- Sweets
- Spreadable fats like butter and margarine
- Red meat
- Processed meats (ham, bacon, pastrami, sausages, hot dogs and luncheon meats)

According to Reuters Health, study researcher Dr. Miguel Angel Martinez-Gonzalez "suggested people seeking to improve their diet start with



small changes, such as forgoing meat one or two days per week, cooking with olive oil and drinking red wine with meals rather than hard alcohol.”

The Mediterranean lifestyle also includes regular physical activity—so get moving, too! ●

“Primary Prevention of Cardiovascular Disease with a Mediterranean Diet,” February 26, 2013 in the New England Journal of Medicine Online.

More wise choices

Our feature story last fall, *When less care is a wise choice*, informed you about a multi-year campaign against overuse in health care, called Choosing Wisely®. The campaign is spearheaded by The American Board of Internal Medicine Foundation in partnership with several physician groups.

We highlighted several physician groups who had each unveiled a list of five tests or procedures that they

believe are overused and often not helpful.

Last February, 17 medical specialty societies added their names and recommendations to the campaign. Now the “Choose Wisely” list includes 130 avoidable tests and procedures from 26 medical societies.

Some of the latest items the societies suggested avoiding were: antibiotics for apparent viral respiratory illnesses such as sinusitis or bronchitis; antibiotics for pink

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From smoker to triathlete: Jason Harthan’s story

Early in 2012, FCHP member Jason Harthan, a high school art teacher, was classified as “obese” by his doctor and was smoking two packs of cigarettes a day. Today, he’s 35 pounds lighter, has successfully quit smoking and is a marathon runner.

Jason had been smoking for 20 years. He tried twice to quit on his own—without success. He decided to try again. “I wanted to change my life,” Jason explains. “I was heavier than I’d ever been before and was unhappy.”

The third time was the charm. About four months after he’d quit, Jason decided to start attending FCHP’s Quit to Win classes. It was perfect timing.

“The program was excellent,” Jason says. “It helped me a lot to hear quit stories from other people and kept me from getting too confident about being able to have ‘just one’ cigarette. The support was very strong, and I learned something new in every class.”

Jason didn’t want to gain weight as a result of quitting, so he began to run every day, and eventually he joined a running club. A few months later, he ran his first 5K race—and there was no looking back.

“I bought a bicycle and began taking swimming lessons. I did my first triathlon last July. My goal is to eventually do a full Ironman triathlon.”

Jason adds, “Now I’m more health conscious. I eat healthier, have more energy and sleep better. I just feel a lot better all around.”

For more information, go to fchp.org and search “Quit to Win”. You also may contact us by phone 1-508-368-9540 or 1-888-807-2908 or email QuitToWin@fchp.org to schedule your orientation class or request your telephone support enrollment kit. ●





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eye; population-based screening for vitamin D deficiency; percutaneous feeding tubes in advanced dementia patients; and electroencephalography (EEG) for headaches.

A full list of the current recommendations can be found on the campaign website at

choosingwisely.org/doctor-patient-lists. To read the *Healthy Communities* feature, see our Autumn 2012 issue at fchp.org/members/news-announcements/healthy-communities-archive. ●

Have you ever heard of ...

Swimmer's ear?

If you (or your kids) spend a lot of time in the water this summer (especially germ-y pools), beware of getting "swimmer's ear!" When water stays in the outer ear canal for a long time, you can get an infection. Telltale signs are itchiness inside the ear, redness and pain. Consult your doctor about treatment options, which may include cleaning the ear canal and medication.

The best way to avoid swimmer's ear is to keep your ears as dry as possible. Wear ear plugs or a bathing cap; use a towel to dry your ears; or tilt your head down on each side to allow water to escape the ear canal.

Find out more from the Centers for Disease Control and Prevention: cdc.gov/healthywater/swimming/rwi/illnesses/swimmers-ear.html.

Brain freeze?

Does your forehead sometimes hurt suddenly when you eat ice cream? Then you're part of the 33% of the population that is susceptible to "brain freeze," also called an ice-cream headache. This reaction happens, most often in the summer, when people have icy foods or beverages, not just ice cream.

When something cold touches the roof of your mouth, it stimulates the nerves and causes pain that the brain interprets as coming from the top of the head and in the temples. Luckily, a brain freeze headache only lasts about 30 seconds. Heating the roof of the mouth with your tongue will help. If you eat ice cream slowly, you're less likely to get brain freeze—so savor every bite! ●



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Caregiver support on fchp.org

More than 29% of Americans act as a caregiver to an older relative or friend. If you're one of them, you know how stressful it can be trying to balance caregiving with your own work and personal life.

To offer our support and expertise, FCHP has created a new caregivers' section on fchp.org. We cover how to get the support you need, including coordinated care options from FCHP, and include useful information about healthy aging, illnesses like diabetes and depression, and other topics that concern the health and well-being of mature adults.

In the future, we'll also be sharing caregiver stories and other resources and content.

Please take a moment to check it out and share the link with family and friends: fchp.org/caregivers. ●

The best app in town!

Don't forget to download your free FCHP Member ID Card app from the iTunes App Store or Google Play.

The mobile ID card application for your smartphone, like an iPhone® or Droid®, lets you view FCHP member ID cards for yourself and any dependents on your plan.

With it, you can see any copayment information, use it at many doctors' offices or email or fax an image of the card to a doctor, hospital or pharmacy. There's no more



worry about forgetting your own and/or a family member's ID card—it's right on your phone!

Go to fchp.org/mobileID for information about how to proceed and for links to the app stores or a QR code to scan and download the app. ●



- facebook.com/MoreFCHP
- Twitter:
 - **General health and wellness tips:** twitter.com/fchp_tips
 - **Managing asthma:** twitter.com/fchp_asthma
 - **Managing diabetes:** twitter.com/fchp_diabetes
 - **Quitting smoking:** twitter.com/quittowin
 - **General FCHP news:** twitter.com/fchp_news
 - **Jobs at FCHP:** twitter.com/fchp_careers ●

Now members can view benefits and claims online

The myFCHP member portal now has the self-service tools that members have been asking for—including the ability to check benefits and claims. These new, easy-to-use tools will help you to better manage your health insurance and get answers to coverage questions. Go to fchp.org/members and complete a simple registration.

Here's a sample of what you'll be able to do in the updated myFCHP:

- **Look up claims:** As a member, you can see submitted claims—and details such as claim status, date the claim was paid, how much the provider billed for services and any cost-sharing you may have for the claim. Find out how much your doctor visits, labs and other tests really cost. You can view claims information for any dependent covered under your plan.
- **View benefits:** You can view and print member-specific benefits information and plan documents about your coverage.
- **Manage my account:** You can print a temporary ID card, order a new ID card, change your address and print important tax documents.
- **My health tools:** Use free online health and wellness tools that will help you stay healthy and fit, such as Healthwise® Knowledgebase, Nurse Connect and "Find and compare hospitals."
- **Get in touch with FCHP:** You can contact us securely and privately through our secure email form.

myFCHP is a great way for you to quickly and securely access key information about your health care claims and benefits and communicate with us. So, take advantage of this portal at fchp.org/members.

Register today! Go to fchp.org/members. You just need to enter some basic information (such as your member ID number) and create a password. Please visit soon! ●

Guides to understanding health care topics

Did you know that FCHP has a series of easy-to-understand guides to health insurance basics that simplify topics in health care for members? These are informative, consumer-oriented tools that we hope you'll take advantage of

and share. They can be downloaded at fchp.org/members/resources/health-insurance-101.

Our newest are *Drug coverage 1, 2, 3*; *Choosing a health plan*; and *HMOs: Making them as easy as 1, 2, 3*. Other topics cover deductibles; understanding health care costs; personal health accounts; and Medicare. ●

benefits

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When your care is complex, we can help

FCHP's Care Services programs provide members with extensive services and support to help them get through difficult times when they need us most. One of these programs is our complex case management for members whose medical condition requires a lot of care and resources.

Our members may refer themselves to this program if they have a "critical event or diagnosis"—for example, a car accident or a fall that results in serious injury, cancer or a serious health decline.

Our nurse case managers and social workers coordinate our members' care in collaboration with family and physicians. We want to ensure that they receive all the appropriate services and can access all

the resources needed to address and resolve their health issues in the best way possible.

For more information or to ask about enrolling in the program, you or your caregiver may call the FCHP Complex Case Management Program at 1-800-333-2535, ext. 78002 (TTY users, please call TRS Relay 711), Monday through Friday from 8:30 a.m. to 5:00 p.m. Interpreter services are available if you need them. ●

Introducing The Healthy Health Plan – a customized wellness program



Earlier this year, Fallon Community Health Plan launched The Healthy Health Plan, a new program that rewards subscribers for being—and becoming—healthy. The Healthy Health Plan is available with FCHP commercial plans at the time of a member's enrollment anniversary.

Some employers may not offer the program, so check with your Human Resources representative. The program is not available to our MassHealth or Commonwealth Care members.

The Healthy Health Plan complements FCHP's overall wellness offerings, such as It Fits!, Oh Baby!, Quit to Win, and our disease and case management programs.

How it works

Once offered the plan, subscribers can simply go to fchp.org/healthyhealthplan to log in to the My Healthy Health Plan portal, fill out the health assessment, and then be eligible to receive up to \$200. The financial incentive is available to subscribers only, but adult dependents are still encouraged to participate in the program.

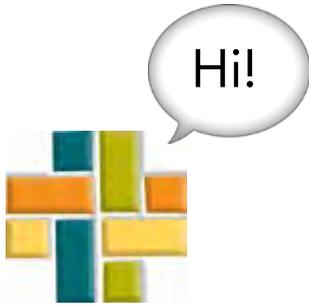
If a subscriber is already in great health, terrific! Subscribers who could use a little help to get healthier can choose to enroll in a customized action health plan that may include health coaching, wellness workshops and interactive tools.

Support every which way

For example, the My Healthy Health Plan portal offers meal plans specific to an individual's needs and goals. Choose from more than 25 exercise/fitness plans (or create your own)—including Beginner Walker, Boot Camp Fitness and Get Fit for Golf. Try social networking and interactive discussions, or search out a diet buddy. There's unlimited access to real time reports on your progress.

FCHP challenges and rewards participants for taking good care of themselves with the help of this comprehensive program. ●





Welcome new members!

You've received your new FCHP member welcome kit with a *Schedule of Benefits*, an FCHP ID card and a welcome call from us to answer any questions you might have.

Now we encourage you to visit fchp.org/newmember* to find out what to do next, how we'll help you transition to FCHP coverage if you're receiving care for an ongoing medical condition or pregnancy, and get answers to frequently asked benefit questions.

Of course, you can always call Customer Service at the number you'll find on the back of your member ID card. ●

* Please note that the information on the fchp.org welcome page does not apply to MassHealth and Commonwealth Care plan members. For more information, see fchp.org/masshealth-members and fchp.org/commonwealthcare.

FCHP support for managing chronic conditions

Fallon Community Health Plan has several disease management programs that support our members who have **asthma, diabetes, cardiac disease or heart failure**.

All members in a program receive disease-specific quarterly newsletters. Some members who are more at

risk receive regular coaching over the telephone from a health educator or nurse. The calls focus on lifestyle behavior changes and self-management tools. We want to give you action steps for healthier living. The programs are free and voluntary.

If you have any questions about FCHP's disease management programs, please contact Carla DeSantis, Program Support Coordinator, at 1-800-333-2535, ext. 69898 (TTY users, please call TRS Relay 711), Monday – Friday from 8:30 a.m. to 5:00 p.m. ●

Beware of health care fraud

Fallon Community Health Plan is committed to detecting, investigating and resolving instances of error, fraud, waste and abuse to maintain a strong and affordable health care system.

Examples might include using someone else's coverage or insurance card, filing claims for services or medications not received, a provider billing for services not actually performed, or a provider misrepresenting procedures performed to obtain payment for non-covered services.

If you suspect fraud or abuse, please contact our anonymous and confidential Compliance Hotline at 1-888-203-5295 (TTY users, please call TRS Relay 711). ●

For more information

FCHP benefits and coverage may vary by product, plan design and employer.

For specific details about your Fallon Community Health Plan) coverage, including your plan, benefits and features, please check with your employer and/or be sure to review your *Evidence of Coverage* or, for MassHealth members, your *Coverage List* and *Member Handbook* from FCHP.

You also may call the Customer Service number for your specific plan, which you'll find on the back of your membership ID card, or call the numbers below. TTY users, please call TRS Relay 711.

General FCHP Customer Service

1-800-868-5200
Monday, Tuesday, Thursday, Friday
8 a.m. - 6 p.m.
Wednesday (*new hours!*)
10 a.m. - 6 p.m.

FCHP MassHealth members

1-800-341-4848
Monday through Friday
8 a.m. to 6 p.m. ●



Summer health ... as easy as 1, 2, 3!

So, what do you say? Fill your summer days with fun, healthy choices that'll help you look and feel better. It's as easy as 1-2-3! We're already halfway through the year, and summer is just beginning—it's a great time for mid-year resolutions!

Take a moment to set (or reset) some healthy goals for you and your loved ones. It's a positive way to start the season—and end the year.

You can successfully make healthy changes to your daily routine—such as increasing your activity level or changing how you eat—if you set specific and realistic goals. Choose something that is meaningful to you, and make small changes to get there. By doing a little bit every day, you'll develop healthy, lifetime habits.

there. Being active helps you maintain a healthy weight, cope better with stress and feel better about yourself.

There are lots of easy, low-cost ways to make being active a part of your family's routine. Create a checklist of favorite outdoor activities and use it as motivation to get moving. The family that plays together not only gets fit together—it also builds stronger relationships.

Explore your neighborhood and community. Take a daily walk or bike ride. Start a “kid's club” for biking, roller blading, running, pickup ball, swimming—you name it. Take advantage of the extra daylight to challenge your children to a game of tag, Frisbee® or a few rounds of hoops. It's a great way to de-stress! Many communities have large parks, playgrounds, tennis courts, tracks, swimming pools or beaches, community center sports teams and more. Visit your city and town website to see what's available.

Plan active days off that incorporate a new family activity, like off-road cycling or kayaking. Massachusetts has endless parks, forests, mountains, waterways and countryside waiting to be explored. See our sidebar for excellent websites that will give you a head start.



Eat well

Being fit isn't just about being active; it's also about following a healthy diet. You hear it all the time—good nutrition is important to good health. It's never too early for kids, or too late for adults, to learn lifelong good eating habits.

With the heat and humidity, you may avoid cooking and fall back on quick fixes, take-out or not-so-healthy snacks. Rethink your approach and make the most of the fresh foods of the season that are low in calories and high in disease-preventing nutrients, vitamins and minerals.

A colorful plate is a healthy plate! Look for green broccoli; green, yellow and red bell peppers; red tomatoes and strawberries; blueberries; and purple grapes. Check out your town's farmer's market or take a family field trip to pick berries at a local farm. Keep chopped



Be active

You don't have to be a super athlete to be fit. For most of us, it's about being fit enough for the things we want and need to do. Being active is one way to get fit—and stay

veggies and fresh fruit visible in the fridge or on the countertop for healthy snacking.

Be creative. Experiment with fresh herbs and spices to perk up a dish. (Avoid heavy cream or marinating sauces.) Grill fruits and vegetables alongside fish or chicken. Have you ever tried grilled watermelon? Find yummy grilling recipes on the Internet. Instead of ice cream, try a smoothie with low-fat milk or yogurt and fresh fruit, or a bowl of blueberries or strawberries with fat-free whipped cream.



De-stress

Summer is a laid-back season when even adults tend to take a “school’s out” attitude. Still, it probably takes an effort to tone down your stress level. Being active and eating well are steps in the right direction.

Stress is a part of life. Often, it’s the way you respond to stress that’s a problem—and you end up losing sleep, getting upset stomachs, high blood pressure and headaches, and just feeling burnt out. Find ways to relax—by starting with the things you can control. In brief, slow down, simplify and enjoy the moment.

Relax. Dedicate even just five minutes once or twice per day to

Take a hike! (or a ride, a walk, a run ...)

Discover the many ways to be active, eat well and de-stress while exploring the beauty of Massachusetts this summer.

mass.gov/portal/tourism/outdoor

This Commonwealth of Massachusetts website is a comprehensive listing of state parks, forests, playgrounds, ponds, lakes and scenic wonders to explore. You’ll find self-guided trail maps and hundreds of destinations—by category and region.

massaudubon.org

Whether you’re looking to hike mountain trails, paddle a river or see pond critters up close, Mass Audubon has something for everyone.

thetrustees.org

The Trustees of Reservations preserve properties of exceptional scenic, historic and ecological value in Massachusetts. Find one near you.

masscentralrailtrail.org

The flat and often scenic 104 mile rail line connects 24 communities from Boston to Northampton.

bikewenewengland.com

Bike New England is a comprehensive resource for cycling routes.

mass.gov/agr/massgrown/farmers_markets.htm farmersmarketonline.com/fm/Massachusetts.htm pickyourown.org/mass.htm

Buy fresh foods from local farmers’ markets—or go on a family outing to pick your own at an area farm.

relaxation. Over time, incorporate these “tricks of the trade” into your day: Go for a walk around the block; stretch; close your eyes and breathe deeply; sip a cup of decaffeinated iced tea; or listen to your favorite music. Block off “me” time at least once a week. And, get enough sleep—your body needs to rest, repair and recharge each night to have the energy to be active

and maintain a positive attitude.

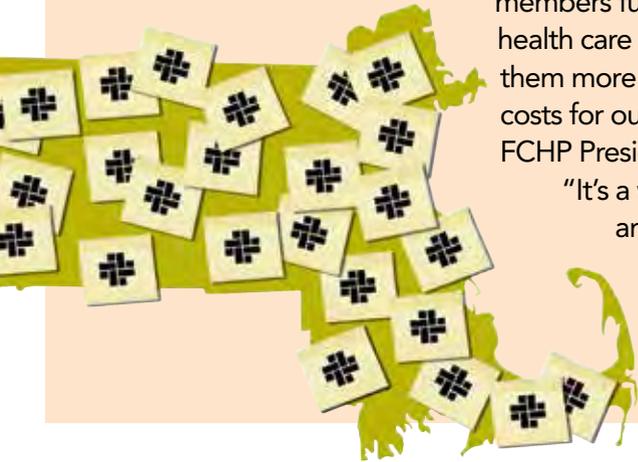
Take vacation time. Make the most of summer—use your vacation time and unwind! Unplug from the workplace and spend time relaxing and truly focusing on family and friends. Check out the websites in our sidebar to plan fun day trips. Slowing down and recharging can do wonders for your stress levels. ●

Partners hospitals now in FCHP Select Care network!

We are happy to tell you that FCHP Select Care members now have full access to Partners HealthCare hospitals, including Massachusetts General Hospital (MGH) and Brigham and Women's Hospital (BWH), and their respective physicians.

Although the FCHP network already includes many Partners physicians and hospitals, until this year FCHP Select Care members could only visit Massachusetts General and Brigham and Women's hospitals for a second opinion or specialty procedure. FCHP's Direct Care members continue to be able to go to these and other Boston hospitals for a second opinion or specialty procedure through our Peace of Mind™ Program.

"This contract with Partners HealthCare gives our FCHP Select Care members full access to one of the best health care systems in the world, giving them more choice while still holding down costs for our employer customers," said FCHP President and CEO Patrick Hughes. "It's a win for employers, consumers and the marketplace as it strives to meet the challenges of a new imperative—great but affordable health care." ●



CMIPA strong addition to FCHP Direct Care network

Great news for our members in Worcester County! The Central Massachusetts Independent Physician Association (CMIPA), one of the area's largest multi-specialty physician groups, is now available to our FCHP Direct Care members. CMIPA already was participating in the FCHP Select Care network.

CMIPA has more than 200 community-based physicians with privileges at UMass Memorial Health Care and Saint Vincent Hospital. They are dedicated to the delivery of personalized, high-quality, cost-effective care.

For more about CMIPA, visit their website at cmipa.com. To find a doctor in our networks, go to our Find a Doctor tool at fchp.org/findphysician. ●

FCHP and Reliant partnership continues for most plans

You've probably heard that Reliant Medical Group in Central Mass. has chosen not to contract with the Fallon Senior Plan™ Medicare Advantage product beyond December 31, 2013.

This development has no effect on other Fallon Community Health Plan (FCHP) plans or provider networks. We have a new, multi-year contract with Reliant for our other plans, including FCHP Direct Care, FCHP Select Care, our commercial Advantage plans and MassHealth.

FCHP has an ongoing commitment to our Fallon Senior Plan members and this product for 2014 and beyond. To learn more, please visit our website at: www.fchp.org/find-insurance/medicare/RMG-FAQ—or call us at 1-855-508-2542 (TTY users, please call TRS Relay 711), Monday through Friday, 8 a.m. to 8 p.m. (From October 1 – February 14, we're available seven days a week.)

Fallon Senior Plan is a Health plan with a Medicare contract. Benefits, formulary, pharmacy network, premium and/or copayments/coinsurance may change on January 1 each year. Other providers are available in our network.

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FCHP is zipping around the state

We had such fun meeting so many of our members during last year's Fox25 Zip Trip broadcasts that we're doing it again this summer. We hope you're tuning in!

We're partnering with the Zip Trips broadcasts to promote our mission, *making our communities healthy*. Every Friday morning (6 a.m. to 10 a.m.) through August, FCHP will be visiting a new community in Massachusetts—with our TV hosts. We'll have a special segment in the 8 o'clock hour that explains different health risks and what steps to take for a healthier lifestyle.

Be sure to watch for some great health tips, a peek at your neighboring communities and lots of laughs. We hope to see you in person, too! Visit myfoxboston.com (click the Zip Trips navigation bar) for the towns we'll be visiting soon. ●

Use your FCHP Family Fun discounts this summer

We encourage you to take advantage of our Family Fun 2013 program. FCHP members save money while enjoying healthy and interactive family outings at attractions in our service area. To participate, show your FCHP member ID card along with the Family Fun coupon at the time of admission or purchase.

For the latest program participants and coupons, go to fchp.org/familyfun, or call the Customer Service number on the back of your FCHP membership ID card.

Our partners in the program donate these discounts; there is no cost to FCHP or to our members. FCHP is not responsible for any of the products or services provided by those organizations offering discounts under this program. ●

Fallon Community Health Plan's health guide for members is produced by the health plan's Marketing Communications Department. The content of this magazine has been reviewed by our physicians and administrators. This publication does not advance any particular medical treatment, nor does it endorse the management of medical problems without the advice and care of health care professionals. We are not responsible for the content of websites referenced in this publication. Please note that some of the articles included in this magazine may describe services and/or procedures that are not covered benefits. Also, eligibility for programs and benefits may vary by employer, plan and product.

For clarification of your covered benefits, please contact Fallon Community Health Plan's Customer Service Department at 1-800-868-5200 (TTY users, please call TRS Relay 711), or contact customerservice@fchp.org.

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Si usted desea que se traduzca al español alguna información en esta publicación, favor de llamar a Departamento de Servicio al Cliente de FCHP al 1-800-868-5200 (si tiene problemas de audición, llame a número 711 de retransmisión de telecomunicaciones) de lunes a viernes de 8 a.m. a 6 p.m.

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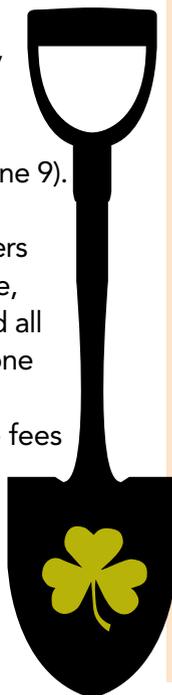
Canal Diggers 5K tops off Tour de Worcester

Save the date! FCHP is again the presenting sponsor of a Worcester tradition, the 7th annual Canal Diggers 5K Road Race, along with a 1-mile Fun Run/Fitness Walk and 1K Youth Race on Saturday, September 7.

The Canal Diggers 5K is the finale for the 2nd annual Tour de Worcester, in which over 5,000 runners are expected to participate this year. Other races are the Jay Lyons Memorial Road Race (April) and the Worcester Firefighters Memorial 6K (June 9).

There are t-shirts and prize money for Canal Diggers runners, plus a free barbecue, refreshments, Irish music and all the festivities of the Blackstone CanalFest!

And, because road race fees are reimbursable under FCHP's It Fits! program, you may be able to run free with FCHP! For details or to register, go to canaldiggers.org. ●



Visit the FCHP Info Center this summer!

The FCHP Information Center in the White City Shopping Center, Route 9, Shrewsbury, is a great resource center for our members in Worcester County. See our calendar of events at fchp.org/infocenter, and then be sure to visit us this summer!

We have professionals on hand who can answer general questions about health insurance or specific questions about your plan. Everyone is welcome—just walk in. The center is open Monday - Friday, 8 a.m. to 5 p.m., and Saturdays, 9 a.m. to 3 p.m.

We offer many screenings, wellness classes and educational programs at the center. For a current list of programs, go to fchp.org/infocenter or call the FCHP Information Center at 1-866-209-5073. For more details or to register for classes, call FCHP Health Promotions at 1-888-807-2908, option 4. ●

