



Your US Employee Wellness Program

MAY 2019

Own it! Take control of
your Health & Well-being

Stress Less

May is Mental Health Month

According to the World Health Organization, mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

At Manulife, we believe that mental wellbeing is as important as physical wellbeing. That's why we encourage you take the time to focus on your mind and body

through the mental health resources available to you.

This month, we're also offering a variety of special on-site and online events and resources. Click [here](#) to learn about what's happening at your location!

Looking for additional support when it comes to your mental health? [Click here](#) for information on our Employee Assistance Program (EAP) and other helpful Work/Life resources.

Join the Mental Health Matters Challenge

You can earn double Vitality points if you complete some or all of the following activities:

[Mental well-being reviews](#)
[Meditation activities](#) through a Vitality-compatible app
Complete a Vitality [Sleep Well](#) cycle.

All activities must be completed before 11:59 CT on June 5th, 2019. Already completed some of these? That's ok, it counts! More information on mental well-being reviews, meditation, and Sleep Well can be found in the Guide to Vitality.

Webinar Line-Up

Check out our informative Wellness Webinars this MONTH!



Reducing Stigma: A New Attitude About Mental Health
May 9th 12-1pm EST

[Register on LifeWorks](#)



Surviving Wedding Season
May 15th 12-12:45pm EST

[Register on JH Advice](#)



Want to get ahead? Slow down!

50 Vitality Points

May 16th 3pm-4pm EST

[Register on Vitality](#)



Emotional Intelligence in the Workplace

May 23rd 12-1:00pm EST

[Register on LifeWorks](#)

Benefit Spotlight

RealChoice

Mind Your Health!

Plus, tips for making the most of your [2019 benefits](#).

The **Employee Resource and Referral program** is a **confidential, free of charge** service that offers counseling and support regarding work and family issues, personal matters, legal or financial issues. Consultants are available 24 hours a day, 7 days a week, 365 days a year. To learn more, call 888-456-1324 or visit portal.lifeworks.com and enter the following login information:

- **Username:** jhancock
- **Password:** lifeworks

Life Coaching — because we could all use a little help reaching our goals.

A **Life Coach** can assist you with short-term problem solving or help you develop a longer-term plan to make a change in your life. Life Coaches help you create an action plan and identify resources and solutions, and can provide guidance and support to help you overcome any barriers that may be standing in your way, all free of charge. Life Coaches can also help with parenting, caregiving, special needs, life transitions.

Call LifeWorks at 888-456-1324 and ask to speak with a Life Coach.

One Medical at Back Bay

Drop by the Clarendon lobby on May 9th from 11:30am—1:30pm to learn more about the John Hancock sponsored One Medical membership program and benefits available to you! You can also sign up for your annual exam or biometric screening which help provide valuable insight on any current or potential medical issues.

For more information, visit www.realchoicejhancock.com.

Nutrition Bites

Cut Back on Caffeine

Caffeine from any source including soda, energy drinks, and coffee can impact energy levels and mood. The half life of caffeine (the time it takes for the body to eliminate one half of the caffeine content in a healthy individual) is 5 to 6 hours. For those who have trouble falling and staying asleep, consider reevaluating your caffeine intake.

[Tufts Health & Nutrition](#)

Ergo Tip

Preventing Eye Strain

Ensure correct monitor height placement to reduce neck strain! When sitting tall and looking straight ahead your line of sight should fall within the top few inches of the monitor. This position allows you to view the entire screen using comfortable eye movements rather than repetitive neck movements.

[Click here](#) for more ergonomic resources.

Guided Meditation

FREE

Onsite Sessions

Monday's 11:30—12:00 EST

[Back Bay Wellness & Fitness Center](#)

Skype Sessions

Monday's 12:00-12:30 EST

[Skype](#) | [Add to Calendar](#)

Wellness Resources

- [Vitality](#)
- [FinanceMatters](#)
- [Bright Horizons](#)
- [LifeWorks](#)
- [Take 5 For Your Health](#)
- [Stay Fit](#)
- [Yammer](#)

Mental Well Being Reviews

The Mental Well-being Reviews help you get a picture of your overall mental health, identify your major long—and short-term stressors, and help you understand the strength and sources of any social support you may have to help you manage your stress. [Click here](#) to learn more and earn up to **225 points!**

HealthyMind Program

Download the Vitality Today app from [iTunes](#) or [Google Play](#) to take part in Sleep Well and Meditation through Headspace, Calm, or Apple Breathe and earn up to **500 points!**