

Perks/Conveniences/Discounts Available to MMC Care Team

You are working so hard! Take advantage of everything you can to save time, rejuvenate and decrease stress.

PERK/CONVENIENCE	DESCRIPTION
Best perk ever: Working with awesome people!! Tell your “work family” how much you appreciate them!	
Adoption Assistance	Benefits-eligible employees with at least six months of active, continuous employment are eligible to receive financial assistance to help cover adoption expenses. MaineHealth will reimburse employees for qualified adoption expenses up to \$3,000 per finalized adoption, not to exceed a lifetime benefit of \$3,000 per family. This benefit is available to employees who earn less than \$200,000 per year. The Adoption Assistance benefit applies to public and private agency adoptions, independent adoptions and international adoptions of a child under age 18. You may be reimbursed for allowable expenses such as agency and placement fees, travel expenses associated with the adoption and court costs or legal fees. You must submit your application for assistance with supporting documentation no later than 120 days after the official date of the adoption. You can apply for this benefit at any time during the year. To access the application and learn more, go to the MaineHealth Benefits Portal by clicking on the Benefits Portal icon on your MaineHealth desktop. You should consult with your tax advisor regarding any tax implications.
Amplifon Hearing Health Care	Amplifon gives discounts on hearing testing, diagnostics and supplies. Benefits to all MH employees and family members include: <ul style="list-style-type: none"> • Help finding a hearing care provider near you. • Discounts on hearing tests and up to 64% off diagnostics. • Hearing aid low price guarantee, risk free 60 day trial and 3 year warranty. • Up to 2-year supply of free hearing aid batteries. <p>FMI call 888-669-2168 or visit https://www.amplifonusa.com/lp/mainehhealth</p>
Board game library and outdoor game tables	Our “Board Game Library” is meant to provide a stress-free, fun moment with your co-worker(s). There are a variety of games waiting to be enjoyed at the South Entrance customer service desk. This library does not have due dates or late fees, but as a general rule you are asked to return the game with all pieces on the same day it was borrowed. <p>Some of our talented colleagues created checkerboard tabletops for the outdoor picnic tables, located on the lawn by the Dana Center. Enjoy your break in the sunshine with a work friend!</p>
Calendar of celebrations/events/holidays (All MMC campuses!)	Varied celebrations happen over the course of the year (e.g., food truck event, Master Chef competition, PRIDE). Would you like to add your name to our list of “Ad Hoc Volunteers”? There is no commitment – be notified of fun events in advance and choose whether or not you will volunteer. Email MMCWWellbeing@mmc.org to add your name to the email list.

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Bramhall Company Store (groceries)	More than ever, every little convenience is super helpful! Located immediately adjacent to the Impressions Café, the company store is stocked with common household food and goods at reasonable prices. Care Team members can select items for purchase at the cafeteria cash registers. The company store is unlocked during the day shift, and is available in the evening and overnight shifts by asking cafeteria staff to let you in. The next time you are asked to swing by the supermarket on the way home, try the company store!
Care.com	MaineHealth has partnered with Care.com for family care benefits. We know that caring for your family while you work can be a challenge and sometimes you need additional support. We know that life is unpredictable, so to help alleviate some of these unexpected challenges, we are providing you with Premium Access to Care.com services. Benefit eligible MaineHealth employees are provided with this access to Care.com to find caregivers, tutors, learning pods, nanny share, errand runners, senior caregivers, pet walkers and sitters, housecleaners, and more. Log on to MaineHealth.care.com to enroll. You can also download the Care@Work mobile app. You will use your Lawson Employee ID to register. Questions about this benefit should be directed to the HR Solution Center at 207-661-4000.
Chaplain support	The interfaith chaplains from Bramhall’s Spiritual Care department serve both patients and staff, and are available 24/7. If you would like a 1:1 individual conversation with an interfaith chaplain, call the Switchboard and ask to be connected to the on-call chaplain. Team consults are also available. For a moment of quiet reflection, visit our interfaith chapel (on the 1st floor of MGB) or our meditation room (on the 1st floor of CFT, straight past the Pharmacy).
529 College Savings Plans	A 529 Plan is an educational savings plan meant to help families set aside money for future college costs. Earnings are not subject to federal tax or (in general) state tax when used for the qualified expenses of the designated beneficiary, such as tuition, fees, books, and room and board. With the NextGen College Investing Plan, you can elect to have a portion of your pay deposited directly to your NextGen account. You can enroll at any time, and you can elect a set contribution amount and change your contribution at any time. FMI call 877-463-9843.
Compassionate Interactions (offered both in-person or virtually)	With everything we are facing at work these days, it is easy to feel exhausted or demoralized. The Compassionate Interactions workshop is one way to try to fight that feeling and re-energize your confidence that you are helping people. The workshop is designed to equip both clinical and non-clinical staff with a deeper understanding of the importance of compassion for our patients, families and each other. It will also provide practical strategies and customer service skills for interacting in ways that promote compassion, both to self and others, even under the most challenging circumstances. Register at: https://mhpatientexperience.coursetorm.com/

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<p>Commuter Choice Program</p>	<p>Did you know that MMC and MH (110 Free Street location) offers rewards for staff who commute by alternative transportation, like: carpooling, transit (public transportation), walking, and cycling? In addition, alternative commuting allows you to save gas money and reduce your carbon footprint. FMI: https://home.mainehealth.org/2/MMC/CommuterChoice/SitePages/Home.aspx</p> <p>Free Bus Program: MaineHealth staff in the Portland area can board Metro, South Portland Bus Service, and Biddeford-Saco-OOB Transit for FREE. Just show your employee badge to the bus driver and enjoy the ride on us (no passes needed)! Save gas money, avoid parking/shuttling, and best of all, avoid winter driving!</p> <p><i>Tip: download the free “transit” app to your phone so you can see where your bus is!</i></p> <p>Zoom Express bus: Commuting from/to south of Portland? The ZOOM Express features a large, comfortable coach bus equipped with free Wi-Fi for your riding pleasure. Zoom stops at Bramhall St, Monument Square in Congress Street, and then on to the Saco Park and Ride, Biddeford train station and Biddeford Park and Ride. ZOOM gets you to work without the cost and toil on your car, no hassles & is FREE to MMC employees! FMI: PURPLE / ZOOM – Biddeford Saco Old Orchard Beach Transit (bsoobtransit.org)</p> <p>Metro Breez: Commuting from/to the north? The METRO BREEZ offers 14 round trips, Monday through Friday (additional service on Saturdays), between Portland, Yarmouth, Freeport, and Brunswick. The bus stops at Bramhall and is free to MMC employees. Additionally, the BREEZ bus features free Wi-Fi, USB outlets and overhead storage. View the METRO BREEZ route map and schedule (PDF).</p>
<p>Healthy Paybacks Reimbursement</p> <p><i>(up to \$200 per calendar year)</i></p>	<p>Healthy Paybacks puts dollars back in your pocket when you buy healthy foods and participate in wellness activities. Good health is its own reward, but it’s nice to have some extra motivation. WOW! provides an opportunity for you earn extra cash when you engage with healthy actions, activities and Challenges.</p> <p>There are a wide variety of things which qualify for reimbursement through Healthy Paybacks, such as general wellness, physical movement, stress management and weight management. FMI or to submit a reimbursement request, visit https://www.mainehealth.org/employees/wellness/reimbursement</p>
<p>Onsite Massage</p>	<p>Before Covid, staff could schedule a massage for themselves on the Bramhall campus. If onsite massage becomes permissible again, we will shout it from the rooftops!!</p>
<p>Wellbeing courses, such as mindfulness</p>	<p>The MH WOW program has made these mindfulness classes available to staff, free of charge during the Covid years. When new courses begin, you can find the listing on the WOW website.</p>

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<p>CSA Farm Share (at work, with partial reimbursement)</p>	<p>MMC and MMCRI partner with local farms each year to offer Fall-and-Winter Vegetable Community Supported Agriculture (CSA) shares of local, organic produce. Share boxes are typically delivered between October and February, and contain foods grown at local farms, including traditional winter storage vegetables, greenhouse-grown greens, apples, frozen blueberries, eggs and occasional grains, breads and more. All colleagues can participate in the Healthy Paybacks Program to receive a partial reimbursement for your CSA share (up to \$200 per year). 2022 details will be shared in the eNews when available.</p>
<p>Farm stand on Western Prom and \$5 Farmer’s Market vouchers</p>	<p>MMC and Cultivating Community are partnering again this summer to offer a weekly on-site farm stand, on the lawn in front of the Dana Center on Bramhall St. All colleagues are invited to shop for locally grown produce. The Bramhall farm stand will be open for our Care Team as well as the general public, and is anticipated to run through the 2022 growing season (typically late October).</p> <p>As soon as possible, further details will be published in the MMC eNews or email MMCWellbeing@mmc.org so that you can be notified directly.</p> <p>**Have you been gifted a \$5 voucher to be used at any participating Farmer’s Market, including this summer’s farm stand on the Western Prom? The vouchers may be redeemed at this farm stand as well as any participating farmer’s market on this list: https://mainefarmersmarkets.org/bumpercrop/markets/ Make sure to redeem it by 9/13/22!</p>
<p>Fitness on the Rooftop (May – end October, 2022)</p>	<p>For the second year, MMC was able to offer complimentary fitness classes twice per week on the top level of the St. John’s parking garage. This perk is offered to all Care Team members, from all campuses. Space is limited so <u>registration is required</u>: https://pcss.coursestorm.com/browse</p> <p><u>Class: Strength and Sweat</u> (Tuesdays at 5:30 p.m.) Hosted by Jennifer from Reve Cycling Studio, Strength and Sweat is a 50 minute class that delivers a full body workout through a combination of cardio, core, and large movements. Using dynamic movements—and set to a driving beat—you will target each of the major muscle groups building both strength and endurance. This class serves as an incredible way to cross-train, the perfect complement to spinning.</p> <p><u>Class: Yoga Sculpt</u> (Thursdays at 5:30 p.m.) Hosted by Lily from Reve Cycling Studio, Yoga Sculpt blends your strength training with a power yoga flow in this 50 minute class. Weights, cardio exercises, and compound movements are added on top of a vigorous yoga practice to accelerate change, build strength, and increase core stability. Yoga Sculpt is a fun class taught to high-energy music and designed to provide balance and build confidence.</p>

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<p>Legal Shield and IDShield</p>	<p>LegalShield puts reputable, easy, affordable legal care in the palm of your hand, providing many services including will preparation and estate planning to support steps toward financial well-being. Many people put off these important tasks because they think it will be too complicated or expensive. But, these documents are one of the most important things you will leave behind in life - especially for your family. The Legal Services Plan offered through LegalShield, provides you and your family legal advice from an attorney - including creating your will or trust and support for real estate transactions, IRS audits, divorce, adoption, contracts or civil suits. For a monthly fee, you get access to a network of qualified attorneys that you can consult when you need them without worrying about hourly fees. To learn more and/or enroll, go to the MaineHealth Benefits Portal by clicking on the Benefits Portal icon on your work desktop. IDShield provides the best 24/7 identify theft protection and assists in guarding your personal information.</p>
<p>Library & Knowledge Services</p>	<p>Library perks include:</p> <ul style="list-style-type: none"> • Wellness programming: Art & Medicine, Literature & Medicine • Diversity, Equity & Inclusion book collection • Portland Public Library Cards that provide access to online books, journals, audiobooks, park/museum pass borrowing and more! <p>FMI visit https://mainehealth.libguides.com/summertour</p>
<p>Mail personal items through the Bramhall mailroom</p>	<p>The Mail Center on the Bramhall campus can weigh, meter and mail your packages during their normal business hours. Please be prepared to pay the mailing expense with cash (they can make change). Save time and avoid long lines in the post office, without leaving the campus!</p> <p><i>Note: The mailroom has moved down the “tunnel” – i.e., the ground floor of MGB - to the rooms which were formerly known as the Copy Center.</i></p>
<p>MaineHealth Works on Wellness (WOW)</p>	<p>Your well-being is about more than just physical health — it’s about your community, emotional, financial and physical wellness too. No matter where you’re at on your health and wellness journey, MaineHealth has a variety of tools to help you along the way. The Works on Wellness (WOW!) Program provides tools and resources for employees and their families to stay active and well. See a full listing of our Health and Well-being programs at mainehealth.org/employees/wellness.</p>
<p>Meals to Take-Home</p>	<p>As Covid has ebbed and flowed, the Nutrition Services team has offered a variety of conveniences by preparing meals to take home for you and your family. You can often find items in the Impressions Café and the Coffee Shop. It’s such a treat to have someone else cook dinner!! There are often baked goods to take home as well, such as banana bread, holiday pies and more.</p>

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MH Diversity, Equity & Inclusion (DEI)	<p>Are you passionate about DEI? Want to learn more or get involved?</p> <p>Care Team Member Networks (CTMNs) will be comprised of a group of care team members, across our system, who are linked by social factors such as culture, gender, sexual orientation, or a common interest or goal within an organization. Join an existing CTMN or help form a new one! https://home.mainehealth.org/2/MH/DEI/SitePages/CareTeam-Networks-(CTNs).aspx?csf=1&e=dfTcnW</p> <p>The DEI Ambassador program leverages the diverse background, knowledge and experiences of ambassadors to build upon our culture of respect and inclusion. The role of an ambassador is to serve as a liaison between the Office of Diversity, Equity, and Inclusion and the Ambassador’s local health system or department. https://home.mainehealth.org/2/MH/DEI/SitePages/DEI-Ambassadors.aspx</p> <p>The DEI office offers a selection of courses that are open to all Care Team Members. Currently all courses are being held on online. Check out current course offerings and sign up at https://home.mainehealth.org/2/MH/DEI/SitePages/DEI-Courses.aspx</p>
MH Employee Assistance Program – HealthAdvocate	<p>The Employee Assistance Program (EAP), HealthAdvocate, is available to all MaineHealth employees and their family members. HealthAdvocate is a free, confidential resource program designed to help you manage whatever challenge you’re facing. You and/or your immediate family members, parents and in-laws have access to:</p> <ul style="list-style-type: none">• Six free counseling sessions with Licensed Professional Counselors (6 visits per issue per year, per family member)• Confidential 24/7 access to support resources (In-person, telephonic and video counseling)• Financial and legal services (Free 30 minute legal consult & 25% discount for ongoing services)• And so much more!
MH Sustainability	<p>The MH Sustainability program is quickly gaining momentum and welcomes input from all interested colleagues. The steering committee sees the need for environmental sustainability in healthcare and wants to lead the change at MaineHealth. Our work approaches sustainability from the bottom-up and top-down to test, learn, share and spread ways that integrate environmental sustainability into operations positively impacting our people, planet, and profit.</p> <p>Find useful resources and educational materials for yourself at: https://home.mainehealth.org/2/MMC/Sustainability/SitePages/Sustainability-Committee-Info.aspx</p> <p>Or check out this great info from Earth Week 2022: https://home.mainehealth.org/SitePages/Earth%20Day.aspx</p>

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Moment to Shine point redemption	We are surrounded by awesome people who are interested in caring for our patients and community. Recognize your MH co-workers when they have earned respect and appreciation, and they will return the favor! Those Moment to Shine awards can turn into tangible rewards. Use your accrued points to shop in a wide catalog of items and gift certificates!
National Diabetes Prevention Programs	A lifestyle change program that provides support in your weight loss journey, helps you adopt healthy eating habits and significantly decreases individual risk of developing type 2 diabetes. The program meets weekly for 16 weeks and then monthly for the balance of a year. Enroll in the Diabetes Prevention Program offered in person or online: <ul style="list-style-type: none"> • MaineHealth Diabetes Prevention Program (offered live virtually) — delivered by a trained Lifestyle Coach available to all employees and family members. • Lark National Diabetes Prevention (online) — self-directed virtual program available to benefit-eligible employees enrolled in the MaineHealth health plan. Visit the MaineHealth Works on Wellness (WOW!) webpage at mainehealth.org/employees/wellness or the Virgin Pulse platform for more information and find the best program to fit your needs
Perkspot	MaineHealth has partnered with Perkspot to offer this Employee Discount Program. Members receive offers and access to discounts with local merchants and national retailers and vendors. Discounts are available for: • Auto care. • Beauty. • Cellular services. • Florists. • Gyms and fitness centers. • Lodging and Restaurants. • Uniforms. • Hearing aids and services. Getting started is easy. Go to mainehealth.perkspot.com/login and click “Create an Account” to get started
Pet Insurance through Nationwide	MaineHealth employees are eligible for up to a 5% discount on pet insurance from Nationwide. Nationwide offers the My Pet Protection Plan, which covers accidents and illnesses. The plan has a deductible with a maximum annual benefit. To get a quote or learn more, call 1-877-263-6008 or visit petinsurance.com/mainehealth and let them know you are a MaineHealth employee.
Pharmacy at work	Bramhall colleagues can enjoy the time-savings of filling prescriptions while at work, but the perks don’t stop there and are available to all colleagues from all locations. The MMC Pharmacy is open 24/7, offering true convenience to all of us – or get prescriptions mailed to your home! Take advantage of a 10% discount on basic OTC supplies like cough n cold and feminine products. Employees using our MaineHealth insurance plan receive a 20% co-pay discount. The Pharmacy/MMC is both a Retail & Specialty pharmacy, offering compounded medications which are often not offered through other pharmacies. You can pay using all the traditional methods, including your HSA card, but it is also a choice to do payroll deduction.

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PumpkinFest	This multi-day event happens at the end of October. The MMC Wellness Council gives away hundreds of free pumpkins to staff to take home. Colleagues from all campuses can opt to participate in a pumpkin decorating contest, where the winners will be selected by an online vote and can win fantastic prizes! Decorated pumpkins will be on display in the Impressions Café (optional, where you can enjoy the PumpkinFest special menu!
Reiki	A Japanese technique to reduce stress and increase relaxation, Reiki is a gentle laying on of hands or holding the hands just above the body, which allows energy to flow through the hands of the Reiki practitioner into the body of the receiver. Our Reiki practitioners are trained, certified, and caring volunteers who will come to you to provide your session. The Reiki program is provided through Volunteer Services and is still on hiatus, hoping to return for care team members and patients in the near future. Please contact Volunteer Services for more information at voluns@mainehealth.org or 207-662-2205.
Retail therapy: Buy postage stamps, gifts and treats at the MMC Gift Shop and the Boutique	Who doesn't love shopping at work? It is so convenient to be able to buy birthday and holiday gifts for others, treat yourself to something nice, or get something that you need that day without leaving the building (like chocolate!!) But did you know that you can buy postage stamps, as well? Cross an item off your to-do list during your break.
Roux Institute courses	MaineHealth and the Roux Institute have partnered on many exciting initiatives, including dramatic advances in Innovation opportunities. Did you know that you can take a variety of graduate certificate courses at the Roux Institute at no cost to you? Topics include Project Management, Bioinformatics and Applied Analytics. Only the best for you!!
SeaDogs tickets	Talk to your leader about your team attending a game in the skybox or general audience!
Software classes	MaineHealth provides ongoing, free training in many of the Microsoft Office products, such as Excel, Word, PowerPoint, OneNote, Outlook, SharePoint & Teams. To view the full schedule of classes, see: https://home.mainehealth.org/2/PCTraining/SiteAssets/PCTrainingSchedule.aspx . Contact PC_TRAIN@mainehealth.org with questions or for more information.

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Talkspace	<p>MH now offers a valuable online therapy service called Talkspace. Talkspace provides free, confidential support with a dedicated, licensed therapist via a secure HIPAA-compliant mobile app and web platform.</p> <p>Therapy is available - at no cost - to all MH employees and their immediate family members, including dependents aged 13+. Each person is eligible for two 30-minute therapy sessions per month and unlimited text, so you can regularly message your dedicated therapist via text, voice or video as life happens — anywhere, anytime.</p> <p>The information you share with a therapist is private and not shared with MaineHealth. This program is not connected with any insurance plan, and insurance is not needed to access the services.</p> <p>To get started visit https://www.talkspace.com/MaineHealth. Use code word MaineHealth for free access.</p>
Therapy Dogs	<p>Our Therapy Dog program at MMC is returning, starting with visiting care teams across the hospital, working our way back to visiting patients in the near future. Therapy Dogs provide comfort to care team members, patients and their families and help bring a sense of normalcy to the hospital environment. Studies have shown therapy dog visits can decrease blood pressure and heart rate, lessen need for pain medication, and decrease recovery time for patients. If your care team would like to setup a Therapy Dog visit for your team, or inquire further for visits with patients in your department in the near future, please contact Volunteer Services FMI at voluns@mainehealth.org or 207-662-2205.</p>
Tobacco Cessation	<p>Kicking the tobacco habit is the best thing you can do for your health. We know it's not easy, so WOW offers a free program to help you live tobacco-free. The Quit For Life® Program is a free tobacco treatment program available to MaineHealth employees and their spouse / domestic partner. Join today at quitnow.net/mainehealth or call 1-866-784-8454</p>
Tuition.io	<p>Do you qualify for Public Service Loan Forgiveness (PSLF)? Employees who work at a non-profit organization, such as MaineHealth, who have made 120 qualifying monthly payments under a qualifying repayment plan while working full-time, may qualify for forgiveness of their remaining federal student loan balance. Questions? HR Solution Center, 207-661-4000, or click the "ASK HR" icon on your work desktop.</p>
Tuition Reimbursement & In-House Training Programs	<p>MaineHealth has a long history of supporting continuing education and career development. In addition to our in-house programs (e.g., training programs for CNAs, surgical techs and phlebotomists), you may be eligible for tuition reimbursement for many "external" programs. Questions? HR Solution Center, 207-661-4000, or click the "ASK HR" icon on your work desktop. The institutional policy on tuition reimbursement can be found in Policy Manager on our intranet.</p>

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Ukulele lessons	Before Covid, ukulele instructor Duncan Perry was a TIP volunteer, helping people who were in the middle of crisis and spent a lot of time in our ER. During Covid, Duncan initiated an entire program teaching small groups of MMC staff to play the ukulele in a short series of virtual classes. The program has now expanded to all of MH and people are loving it! You can buy a ukulele or borrow one, and all other materials are free. When a new session of classes is available, it is announced in the eNews.
Virgin Pulse Wellness Platform (website or APP) <i>(Earn up to \$150 per year in Amazon gift certificates)</i>	Take charge of your health, join step challenges, earn Amazon gift certificates! You can customize all the functionality, to focus on what is important to you. It is easier to cement healthy habits with VirginPulse in your corner. There are health-related tips, individual and group challenges, virtual educational seminars and much more. You can choose to access free, embedded programs such as the Whil mindfulness app or the Zipongo recipe database. VirginPulse is free to you, compliments of the MaineHealth WOW! program.
Wellness Gardens	The Wellness Garden crews work together to plan, plant, maintain, and harvest veggies and flowers. Volunteer gardeners are organized into teams by virtue of their location. There are 15 raised garden beds spread across the Bramhall Courtyard, Brighton, 100 Campus Drive, Scarborough Surgery Center and MMCRI. No experience necessary, and minimal time commitment. Enjoy gardening along with other colleagues who volunteer! FMI contact AnhThu.Truong@mainehealth.org
WOW Well-being Video Library	All MaineHealth employees have access to a variety recorded well-being sessions of topics like: two-minute in-the-moment stress relief , practices to release tension & stress, develop focus & clarity, creating space to recharge, gardening advice from pros, and tools for financial well-being . These sessions are accessible anywhere/anytime on the WOW Vimeo site: https://vimeo.com/user138872193