

Northeast Service Cooperative Wellness & Benefits Corner

May 2025

Mental Health A Vital Asset

Be kind to your mind.

- Eat Healthy & Exercise Regularly
- Get Enough Sleep
- Connect with Others
- Stay Positive
- Help Others

AIPM: [CLICK Here to learn more](#)

Insurance 101:

[CLICK HERE](#) to read an article published by the Mayo Clinic titled: “Medical Information can be confusing. Here’s what helps”

Health Insurance Provider Update

The Minnesota Healthcare Consortium is pleased to announce that we’ve selected Medica as our group health plan administrator for another four-year term, beginning in 2026. We’re happy to continue this partnership and offer robust, stable programs and pricing to our members.

In this issue:

Benefits Information
Monthly Preventive Highlight
Spring Planting Tips



Medica My Health Rewards May Newsletter	Medica’s May Newsletter Strong focus on reducing stress offering information on all health and wellness resources. May Wellness Newsletter
Holmes Murphy May Wellness Newsletter	MHC and NESC partner with Holmes Murphy to support the management of our insurance pool. Holmes Murphy also provides a monthly wellness newsletter packed with helpful insights. Take a few minutes to read, reflect, and recharge! Live Well, Work Well – May 2025
Monthly Preventive Focus –Mental Health Awareness	May is officially designated as Mental Health Awareness Month. It is a time to raise awareness about mental health, reduce stigma, and promote resources for those affected by mental health conditions. As members of our insurance pool, you have resources to help guide you and those you care about. Medica Mental Health Resources
Learn more about NESC and our programs	NESC offers a range of specialized services, from group health insurance to broadband (fiber) and educational support. This month, we’re shining a spotlight on our Career & Technical Education (CTE) programs! Stay in the loop and see the incredible things happening in our regional school districts — CLICK HERE to Like and Follow the NESC CTE Facebook page!
Flowers, Veggies, and Dirt..OH MY!	Discover spring planting tips from the USDA! Explore plant hardiness zone maps, effective weeding strategies, and helpful gardening advice by CLICKING HERE! Challenge yourself to grow something new this season!
Monthly Recipes	Easy Pizza For Two
Please connect with us and let us know what you’d like us to focus on during 2025!	Suzi Ruper: sruper@nescmn.net Lauren Sterk: lsterk@nescmn.net www.nescmn.net