

## July Ambassador Alert

Encourage your team members to take advantage of all the great resources available to them! See below for the latest updates:

### meQuilibrium helps you become more resilient and bring out your best at work and at home!

Stress is a natural part of life. It can impact your mental, physical and emotional health. Learn to tap into your resilience and find your best “you” by altering your thought pattern in constructive ways to better handle problems and keep pace with your busy life.

meQuilibrium is a breakthrough personalized online stress management system that is designed to help you feel more resilient, balanced and capable—no matter what your day brings. You can use it anytime, anywhere on your computer or smartphone—and it's completely private. Just a few minutes at a time may make a big impact on the way you think, feel, and function.

This program is being offered at no cost to all benefits eligible employees. First time users must initiate their account through the WebMD Portal:

1. Log in to your WebMD Portal ([www.webmdhealth.com/bhy](http://www.webmdhealth.com/bhy))
2. Go to Resources from your homepage and select “meQuilibrium”
3. Enter your email and create a password (once you activate your account, you can download the mobile app to have access to these tools at your fingertips!)

### Free Cookbook Offer Through Weight Watchers

Current WW members and one of their Baystate colleagues can each get *The Essential WW Freestyle Cookbook – 150 Dishes in 30 Minutes or Less Using Zero Points Foods!* [Follow these instructions](#) to learn how to take advantage of this great offer!

### Earn Cash for Attending Your Annual Preventive Exam

In 2019, Baystate Health employees have two opportunities to earn money, just for attending their annual preventive exam with their PCP! Don't leave money on the table:

- **MyHealth Rewards (Earnings range from \$50 - \$250 based on level of participation)**  
If you bring the [Physician Screening Results](#) form to your annual preventive exam and ask your PCP to complete it by December 31, 2019 you will earn \$50! (you must also complete the online WebMD Health Questionnaire). Keep participating to earn a total of \$250. Find out more about MyHealth Rewards [here](#).
- **Voya Supplemental Insurance –Wellness Benefit (Earnings range from \$100 - \$200 based on coverage level)**  
If you are enrolled in one of the Voya supplemental insurance benefits (Accident Insurance, Hospital Confinement Indemnity, or Critical Illness) don't forget to submit your claim for the “Wellness Benefit”. When you complete a health screening test, you are eligible to receive \$100 (plus an additional \$50 for each spouse/dependent you have enrolled in a supplemental benefit - up to \$200 max). [Click here](#) to view more details about what types of screenings qualify on the wellness benefit and [here](#) for how to claim it.

**Congratulations to our recent raffle winner, Debra Vacchelli!**

Find out Debi's secret to success and what she plans to do with the \$1,000 prize money [here](#).

**July Monthly Calendar**

Don't miss what's happening [this month](#); webinars, Yoga, Retirement 1:1 Sessions, and more!

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For more information on these programs and all Baystate Healthy resources, visit our website on [baystatehealth.org>employee resources>baystate healthy](http://baystatehealth.org>employee resources>baystate healthy) or [eWorkplace>Baystate Healthy](#)

In good health,  
Baystate Healthy