

# Healthy Choices Raffle

## Winner Spotlight

**Donna Wight, Baystate Home Health Intake Specialist** and recent winner of a \$1,000 Gift Card shares how she came out on the other side of a unhealthy situation with the strength and positivity to live a happy and healthy life.

### **Have you always been someone who has made your well-being a priority?**

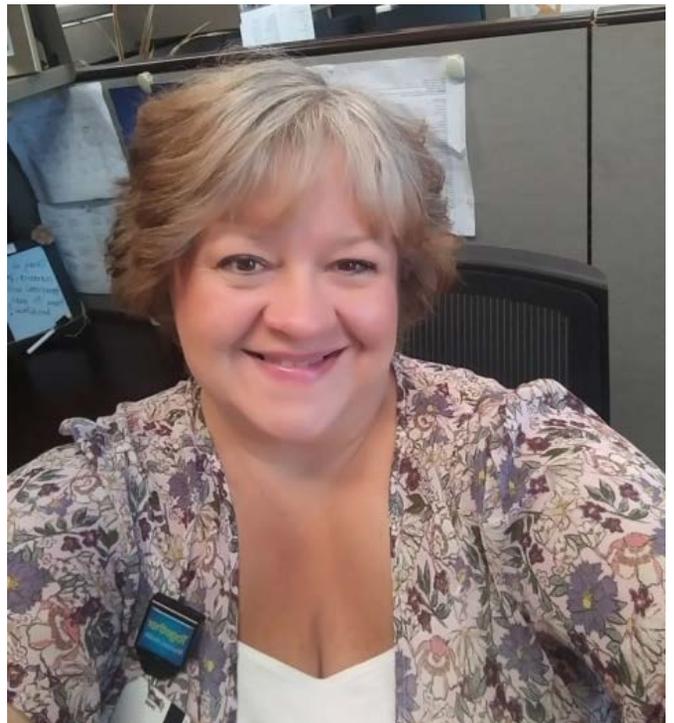
No I have not. In fact, for the past 10 years I was in a very unhealthy place. I was in an extremely toxic relationship, living in a horrible apartment, and not practicing many healthy habits. I was stressed out and often turned to food and alcohol to help me cope. I spent a lot of time praying for a way out of this lifestyle.

Then, right at the start of 2021, several very personal and unexpected events occurred in my life, which ultimately set me free from my old life. While there was loss and sadness at that time, there was also an opportunity for a fresh start. I began moving forward and was determined to not dwell on the past.

### **Describe what happened next.**

The moment I decided I was moving forward in a new direction, I felt an instant and overwhelming feeling of peace. I realized in that moment that I have the power to choose whether or not I live a healthy life. That I have the power to make healthy choices each and every day and I have the power to do this for the rest of my life.

My priorities have changed. My top priority is now... me! My mental, emotional, physical, and spiritual health always comes first. I am no longer allowing anything to stand in the way of my health and happiness.



### **How do you maintain being at the top of your priority list?**

Even though my top priority is “me”, I know that I can’t always do it by myself. I turn to help when I need it. The Baystate Healthy program has been a great support for me in that way. When I needed some support coping, I called and spoke to an EAP counselor. When I wanted to set new health goals, I worked with a WebMD Health Coach. When I need to practice mindfulness, I login to my meEquilibrium account.

I’ve learned that there is no reason to try and do it all on my own. I am much more successful when I use the support and tools available.



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JANUARY 1 – DECEMBER 31, 2021

## How it Works:

Every month four lucky winners receive a \$1,000 VISA gift card! To earn entries in the raffle, all you have to do is participate in the qualifying activities. For every 100 points you earn, you will automatically receive 1 entry into the raffle. You can earn up to 40 entries and once you earn an entry, it remains in the raffle drawing each month, through the end of the year! Therefore, the earlier in the year and the more programs you participate in, the greater your odds of winning!

## How to Participate:

Each time you complete a qualifying activity your entry(ies) will be automatically captured in your WebMD Portal. Once you complete an activity, you will see “Congratulations” along with a confirmation number, next to the activity on the Rewards page. This confirms that your entry is officially in the drawing! All entries are cumulative and remain in each month’s drawing, increasing your chances of winning throughout the year.

## Get Started!

To participate in these activities, log into your WebMD Health portal at [www.webmdhealth.com/bhy](http://www.webmdhealth.com/bhy) and then go to 'Rewards'.



## What are some of the other healthy changes you've made in your life?

I keep my mind healthy by focusing on kindness and keeping out negativity as much as possible. I try really hard not to partake in gossip or any other type of negative interaction. I practice mindfulness and gratitude. I absolutely love the meQuilibrium app. I find that the activities are fun to do and they really teach me things about myself. Everything about that program resonates with me.

I've also realized that I shouldn't be using unhealthy means to make myself feel better, so I choose to no longer drink alcohol. I am also on a journey to lose weight. I exercise and swim 3 times a week, and I'm eating healthier. I've never felt better.

## What else would you like your colleagues to know about your journey?

I have had a lot of horrible things happen throughout my life and I know that life may throw a few more bad things my way, but I am more prepared now. I am at peace with myself, and I know for a fact that I will keep moving forward in a positive direction, despite whatever else is happening around me.

I will continue to keep myself a priority, which I've actually found has helped me to be a better mom, a better grandmother and a better person in general.

## Relationship Support is Available to all Team Members

If you are in an unhealthy relationship and you'd like some confidential support from a professional who can help; your [WorkLife and EAP Support](#) program is here for you 24/7/365, 1-800-888-6332. A clinician will answer your call and help you decide if it's time to meet with a counselor to work through your relationship concerns and/or locate resources and other support you may need.

*All employees, their dependents and household members each receive up to 6 EAP counseling sessions, per issue, per issue at no cost.*