Overview of Programs & Resources

Baystate Healthy programs and resources are designed to enhance the health, well-being and worklife balance of Baystate Health employees. Our mission is to create a strong, fit, energized, and resilient workforce!

*The majority of our programs are provided to you at no-cost, unless otherwise noted by *. 

WebMD Online Portal and Mobile App Convenient and confidential access to online tools, team-based challenges, MyHealth Rewards, trackers, Baystate Healthy resources, recipes, and more, including the assessment and coaching.

WebMD Health Questionnaire This confidential online assessment asks a series of questions about your health needs, strengths and challenges. Your responses are combined to build your personalized wellness profile. It is also a gateway to health coaching and MyHealth Rewards.

WebMD Health Coaching Unlimited access to a personal coach who will guide you to reach your goals. Schedule phone and/or text sessions with your coach.

- **Lifestyle coaching**: Addresses a wide-range of well-being factors, like stress, energy, diet, exercise, sleep and more.
- **Weight Management coaching**: A 1-year program dedicated to managing weight as part of improving overall well-being.
- **Condition Management coaching**: Dedicated to managing chronic conditions as a part of improving overall well-being. For those with asthma, diabetes, chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD) and heart failure.

Confidential Counseling Schedule an appointment with a licensed behavioral health professional to address anxiety, stress, depression, challenges with children, relationship conflicts, and an array of personal issues you and your family may face. Access through:

- **Employee Assistance Program (EAP)** – meet with a local therapist. The first 3 sessions (per presenting problem) are available to you and your household members at no cost.
- **Teladoc** – this telemedicine service provides around the clock access to licensed professionals by phone, web, or mobile app. Available to BH-HNE medical plan members. Copay or coinsurance applies.

Fitness Online fitness challenges, online trackers, walking clubs, self-guided videos, listings of fitness resources in your community.

meQuilibrium Access to the only clinically validated resiliency platform, leveraging positive behavioral psychology, cognitive behavioral therapy and mindfulness to deliver transformative insights that changes lives. Login directly through the WebMD portal.

Resiliency, Stress Management & Happiness

- Interactive Webinars, audio files, videos, & apps
- Chair Massage*, Yoga*, Midday Metta*
- Guided Meditation (through Spiritual Services at BMC)

Weight Watchers (WW) Your choice of community meetings, at-work meetings or online membership. Enroll online through the WW-Baystate portal at no cost.

Nutrition

- Mountain View Farm CSA Farm Shares.*
- Registered Dietitian appointments available through BH-HNE medical plan. Up to 4 visits/year.
- Online food trackers, grocery checklists, recipes, and more.

Diabetes Management Weight Watchers for Diabetes includes group support, online tools and coaching. WebMD Diabetes Health Coaching is also available. Both programs provide you access to a dedicated, Certified Diabetes Educator, RD’s, RN’s health coach.

Ergonomics Learn proper body mechanics to reduce fatigue, discomfort and injury.

Healthy Sleep Learn techniques that can improve your quality and quantity of sleep and restore your energy.

Tobacco Cessation through QuitNet® Online and telephonic coaching program with medication support.

Managing Daily Life

Flexible Work Arrangements Request a flexible work arrangement to help you accomplish work more efficiently while accommodating individual needs. Flexible start and end times, compressed work week, partial or full-time telecommuting available to request.

Worklife Personal Assistance Specialists available to research and find services, programs and information across the broad spectrum of daily living needs- home improvement & repair, travel & vacation planning, moving & relocation, purchasing a car, etc.

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PerkSpot Discount Center  Local and national discounts and special promotions on hundreds of products and services.

Saving for Retirement  Access to one-on-one support from MassMutual to review your Baystate retirement account and create your personalized retirement savings plan.

Tax-Advantaged Savings Accounts  Access to Healthcare Flexible Spending Accounts, Dependent Care Flexible Spending Accounts and Health Savings Accounts.

Income Protection Benefits  Additional short and long term disability, life insurance, identity theft insurance & more.*

Legal Assistance  Access to 30-minute attorney consultations and legal resources. In addition, Legal plan insurance is available for purchase.*

MyHealth Rewards  Earn up to $250 in this voluntary incentive program by completing program requirements and earn entries into the $1,000 Visa debit card monthly raffle!

$150 Fitness & Stress Reduction Reimbursement  For all qualifying fitness club membership, classes, personal training, mindfulness courses is available through the BH-HNE medical plan.

Financial Support & Education  Speak directly with a certified public account or certified financial planner, apply for home buying assistance, education assistance, adoption assistance, view webinars on various financial topics, & more!

Onsite Banking and Credit Union Membership  Pioneer Valley Credit Union membership includes onsite banking (BMC), online banking, free checking, low rate loans, etc. Baystate employees who work, reside or worship in Franklin county are eligible to join Franklin First Credit Union.

Finding the Right Care for Your Child  Worklife specialists available to search day cares, before & after school programs, summer camps, extracurricular activities, etc.

Your Child’s Education  Worklife specialists and certified financial planners answer questions and provide referral services for program and schools. Plus, save for higher education through the 529 College Savings Plan*, and more.

Pregnancy, Birth & Adoption  Adoption assistance, parenting classes, income replacement, job protection while on leave, and support for nursing moms at work.

Legal Questions Related to Adult Care  Through the 30-minute complimentary legal consultations benefit, speak to an attorney and get answers about estate planning, medicare, long term care insurance, and more.

PetPlus Discounts  Save on your pet’s prescriptions and preventatives. Plus, get access to a 24/7 vet Helpline.*

Pet Insurance  Nationwide offers group discounted rates for your pet’s treatments, surgeries, lab fees, X-rays.*

Online Webinars  View live and on demand webinars on a variety of topics related to family and relationships.

Contact Us for Program Details & Information

Health, Wellness & Worklife Solutions

Find Baystate Healthy on the web from work, home or on the go.
From home or mobile device: baystatehealth.org>employee resources>baystate healthy
From work: eWorkplace>Baystate Healthy
By phone: 413-794-4939
By email: BaystateHealthy@baystatehealth.org

Find Our Partners

WebMD Health Portal & Mobile App: webmdhealth.com/bhy  (800-488-3140). Once registered, download the app from your android or apple device. Search “Wellness at Your Side”, when prompted enter Connection Code: BHY. Tip: set up touch ID so that returning to the app won’t require a password!

Weight Watchers: wellness.weightwatchers.com   Employer id: 65888 (866-204-2885)

Interactive Health: screeningreg.com Login: baystate  Pwd: healthy

Life GuidanceResources® & EAP: Call to set up counseling appointment or request a worklife personal assistant (855-327-4479)

Search for articles and information: guidanceresources.com  WebID: Baystate

PerkSpot Discount Center: baystate.perkspot.com

QuitNet: quitnet.com/baystatehealth  (877-242-0307)

Teladoc: teladoc.com  (800-835-2362) To activate your account, have your HNE member ID ready.