



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.

Baystate Healthy

Personal Health

WebMD Online Portal and Mobile App Convenient and confidential access to online tools, team-based challenges, MyHealth Rewards, trackers, tools, coaching and more.

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.
- **Tobacco coaching:** A 3-month program dedicated to stopping tobacco use as part of improving overall well-being. Integrates telephonic coaching, online resources, and Nicotine Replacement Therapy.

meEquilibrium A clinically validated resiliency platform, leveraging positive behavioral psychology, cognitive behavioral therapy and mindfulness to deliver transformative insights that changes lives. First time login through the WebMD portal. Then use the app!

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

Managing Daily Life

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

Confidential Counseling – WorkLife and EAP Support Receive confidential counseling, in person or via web/chat and phone with licensed therapists in the local community, at no-cost. Counseling is a powerful tool to effectively address anxiety, stress, depression, challenges with children, relationship conflicts, and an array of personal issues you and your family may face. You, your dependents and household members each has up to 6 EAP visits, per presenting issue per year. Concierge service is available to help you book time with a local counselor. Additional and separate services also available through this program include coaching, self-guided therapy (DCBT apps), access to Worklife Specialists, and web resources.

Resiliency, Stress Management & Happiness

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

Weight Watchers (WW) Community meetings, at-work meetings or online membership. Enroll through the WW-Baystate portal at no cost (participation commitments apply).

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 offer access to Certified Diabetes Educator's, RD's, and RN's.

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. Plus check out the RESTORE sleep app!

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

* program fee

Financial Health

Saving for Retirement Access to Baystate's retirement plan and assistance from MassMutual to set up your retirement savings plan. Also see *Financial Coaching & Support*.

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 a free 60-minute consultation with an attorney -1 per each separate legal matter per year. Plus receive a 25 – 35% discount on hourly fee if you hire an attorney. Online resources (will program, legal, library, thousands of state-specific legal forms) also available. Also, legal plan insurance is available for purchase, through MetLife.*

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

MyHealth Rewards Earn up to \$250 in this voluntary incentive program by completing wellness self-care activities and program requirements.

\$1,000 Monthly Raffle Each month, employees who participate in qualifying activities are automatically entered to win a \$1,000 VISA gift card!

Financial Coaching & Support Speak directly to a financial counselor. Receive two free 30-minute telephonic consultations per financial topic per year as well as personalized reports such as pre-retirement analysis and college funding analysis. They have an online financial resource center, including a financial library, state-specific financial forms, answers to frequently answered questions, financial calculators, and more.

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

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

Caring for Loved Ones

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 counselors 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 60-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

Baystate Healthy

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: The Hub>Baystate Healthy

By phone : 413-794-4939

By email: BaystateHealthy@baystatehealth.org

Connect with Our Partners

WorkLife and EAP Support: Call 800-888-6332. 24/7/365. magellanascend.com (select Log In / Sign Up to create account) **Get the Apps:** 1. Fear/Anxiety 2. Low Mood/Depression. 3. Insomnia/Sleep Problems 4. Chronic Pain 5. Addiction 6. OCD

WebMD Health Portal: webmdhealth.com/bhy **Get the app!** Search "Wellness at Your Side" from your app store and when prompted enter Connection Code: BHY. For login issues call 800-488-3140. For Health Coaching call 866-513-2502.

meQuilibrium (meQ): activate your account by logging in your WebMD portal (webmdhealth.com/bhy) and select the card that says "Beat Stress with MeQ" in the From Your Sponsor section. Enter your email and create a password. **Get the meQ app!** Search "meQuilibrium" from your app store and login using your account username and password.

Weight Watchers Membership: weightwatchers.com/us/baystate **Employer id:** 65888 (866-204-2885) **Get the app!** Search "WW" from your app store and login with your account username and password

PerkSpot Discount Center: baystate.perkspot.com

Get the apps!

Program registration is required before you can download any of these apps. See instruction below for downloading each of our partner apps.

