



# MyRaffles Program 2019

## Baystate Health<sup>y</sup>

“Wow! I never win anything!”

Debra Vacchelli, Triage Nurse,  
BMP Northampton Cardiology

Debi has been participating in Baystate Healthy programs ever since she started working at Baystate 5 years ago. “My philosophy on keeping health a priority is to take advantage of every opportunity I have to keep myself healthy”.

She shares that Baystate Healthy activities are especially helpful when she feels her stress levels mounting –“participating in these programs gives me the boost I need to maintain focus throughout the day, which keeps my stress level down”. When asked which program works best for her, she’s found the secret to her success is variety “I participate in a little bit of everything; MyHealth Rewards, online challenges, educational webinars, desk exercise videos...it’s all waiting on the Baystate Healthy website whenever I need it!”

Debi has big plans for her \$1,000 winnings: “We are planning a trip to Hawaii next year to visit my grandchildren” Aloha!

### Here’s How You Can Win the Baystate Healthy \$1,000 Raffle!

Each month, January through December, we have a \$1,000 VISA debit card to raffle off to a lucky winner. You have multiple chances to win, based on activities you participate in.

Once you've earned raffle entries, they are automatically entered into each month's raffle drawing for you. Every 100 points = 1 Raffle Entry. [Learn more and get started now!](#)

*To be eligible for MyHealth Rewards or Raffles, you must be “benefits-eligible”, which means you work full or part-time and are regularly scheduled to work 16 or more hours per week. (BHH employees 15 or more hours/week).*