



Congratulations To Jennifer Arroyo, Our Baystate Healthy \$1,000 Raffle Winner For February!

“I never know what kind of night I’m coming into. Baystate Healthy’s new meQuilibrium tools have really helped prepare me for any situation,” says Jennifer Arroyo, a third shift lab assistant at Baystate Medical Center.

Q: How long have you been participating in Baystate Healthy programs?

A: “I’ve been participating for the last 13 years. Over the years, the programs have helped motivate me to stay fit, physically and mentally.”

Q: Have you discovered anything new that you really like ?

A: “This year, the new program that is even more personal to me is meQuilibrium. I have a history of depression, so I was curious to explore the program. I am finding so many helpful techniques to use in my everyday life to manage stressful situations. I loved the meQuilibrium assessment because it so accurately captured who I am and my natural thinking style which made the journey that was created for me much more meaningful.”

Q: What are some of your favorite meQuilibrium (meQ) features?

A: “I like the Cup of Calm daily motivational quotes, the sleep journals, breathing exercises, mapping tools.”

Q: How often do you use meQ?

A: “I check in daily. I also try to utilize my 20-30 minute commute to work as my “tranquility time.” I do the 30 second count down breathing exercise. It really helps put my mind in a great place by the time I start my shift.”

Q: Do you have any advice for other employees about using Baystate Healthy programs and tools?

A: “Give it a try! The programs are very motivational – both physically and mentally. If your mental health isn’t good, how can your physical health be good?”

Q: Do you have any plans for your raffle winnings?

A: “Yes. I’m saving it for a trip to Puerto Rico in May to celebrate my daughter’s 15th birthday!”

Ready to get started on meQ? First Time Users must initiate account through WebMD Portal:

1. Log in to your [WebMD Portal](#)
2. Go to Resources from your homepage and select “meQuilibrium”
3. Enter your email and create a password
4. Access via Mobile App

Once your account is initiated through WebMD (steps 1 –3 above) you can download the mobile app. Search and download “meQuilibrium” from the app store on your mobile device. Enter your email and password (created in step 3 above)