

YEAR 2: HEALTHY YOU

Say “Yes” to Question #50 for your own Health Coach

When you complete the Harvard Pilgrim Health Questionnaire (HQ) and say yes to Question 50, a certified Harvard Pilgrim Personal Health Coach will reach out to support, educate and motivate you on your way to better health. Health Coaches are nurses and are ready to help you achieve a range of health goals, including:

- Increasing physical activity and exercise
- Reducing stress and finding life balance
- Lowering cholesterol
- Eating better
- Managing weight
- Smoking cessation
- Controlling blood pressure

The first step is to **Know Your Numbers** – Your cholesterol, blood pressure, blood sugar and body mass index measures are key indicators of your risk for major illness. Harvard Pilgrim clinical staff will provide a free screening of these key numbers for all employees at upcoming Healthy You Health Fairs.

If you already know your numbers from the November Benefits Fair or from visits to your doctor, no need to repeat them. Just bring them to an upcoming Health Fair.

Use your numbers to complete the HQ, and if you are in the health plan, you and your spouse can earn a \$100 Visa gift card.



Upcoming fairs:

April 17th
Alumnae Hall
3:00 p.m. – 6:00 p.m.

May 1st
Alumnae Hall
12:00 p.m. – 3:00 p.m.



**Stop by a fair to
meet a Health Coach!**

Access the HQ by logging in
to *HPHConnect* for Members
at [www.harvardpilgrim.org/
wellesleycollege](http://www.harvardpilgrim.org/wellesleycollege)

REAL STORIES. REAL RESULTS.

What your co-workers are saying about coaching:

“It’s great.....she (my health coach)
commends me when I reach my goal
and when I haven’t she says ‘well
that’s ok we can start again.’ So
that’s really been helpful.”

- Angela, Wellesley College

View video testimonials of your
Wellesley College colleagues at
[http://web.wellesley.edu/web/
Dept/HR/healthyu.psml](http://web.wellesley.edu/web/Dept/HR/healthyu.psml)



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