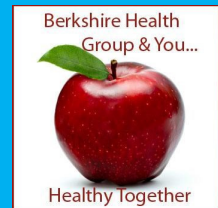


Berkshire Health Group Wellness Coaching



2020 New Incentives:

1st Time Coaching

\$250 Visa Cards

2nd Time Coaching

\$150 Visa Cards

3rd Time Coaching

\$50 Card

Get Started on a Healthier Path &

Earn Rewards for taking care of YOU!

Our Certified Health & Wellness Coaches are here to help you set goals and make positive changes in your life.

- Meet with your coach 4 times (30 min phone calls) within 3 months
- Complete your Pre & Post Personal Health Assessment and Quality of Life form
- Health Coach will contact you to get started

Getting Started

Complete a biometric screening with Wellness at Work Staff from Berkshire Health Systems. The biometric results will be used to determine the risk categories for the following:

BMI- Waist Circumference- Blood Pressure-Tobacco Use
Cholesterol-Blood Sugar

First Time Participants

Any participant that falls into moderate or high risk category OR low risk category but have specific health challenges that need more support will be offered 3 months of wellness coaching

Second Time Participants

Any participant that falls into moderate or high risk category will be offered 3 months of wellness coaching

Third Time Participants

Any participant that falls into moderate or high risk category will be offered 3 months of wellness coaching. 1 biometric improvement is tied to the \$50 incentive award.

All participants can participate in wellness coaching once a year

Questions? Contact:
Beth Piantoni, BHG Wellness Coordinator
(413) 445-9327 epiantoni@bhs1.org

 **Wellness at Work**
Berkshire Health Systems