Boston Medical Center Wellness Committee Presents:

BMC’s 2014 Passport to Wellness
Instead of something you ARE, look at being well as something you DO. It’s a practice. There is no finish line that you cross and finally declare yourself “well.” And you don’t have to already be “well” to practice wellness. Everybody can do it, at every stage of life.

The Wellness Committee will be sponsoring a series of events to support your wellness efforts throughout the year. Each quarter has a theme:

- Winter = Preventive Health
- Spring = Better Fitness
- Summer = Improved Nutrition
- Fall = Stress Reduction

At the end of each quarter, you can submit a “challenge ticket” telling us what you did to work on your wellness. We will enter your ticket for a quarterly raffle prize.

Come and take the journey with us!

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**Winter – Preventive Health**

**Attend a Program**

Patient as Partner: Creating Effective Medical Visits

What does it mean to be a proactive patient and a knowledgeable partner with your health care provider? It starts with choosing doctors you trust, who take the time to answer your questions and work closely with you on monitoring your risk factors and improving your health. This Harvard Pilgrim seminar is presented by a physician who is prepared to guide you in managing a complex medical system to derive maximum benefit from your interaction with your primary care provider and specialists.

**When:** Thursday, March 20, 2014, noon to 1 p.m.

**Where:** E. Newton Cafeteria conference room

**How:** Register at www.internal.bmc.org/benefitsreg
Wellness Coaching for Smoking Cessation (EAP)

To get started, call the EAP at (617) 451-6902 and leave a confidential voicemail asking for a BMC Smoking Cessation appointment. Leave your name, all possible telephone contact numbers and permission for the Certified Wellness Coach to leave a message.

- The intake will be either on-campus during our EAP hours, Thursdays from 9 a.m. to 1 p.m. (by appointment) or at the EAP Office (Government Center, 10 Tremont Street, Boston).
- The face-to-face intake consists of basic EAP intake questions focused around smoking cessation, setting goals and follow-ups both in person and by phone. The goal of this program is for you to get three face-to-face meetings and three phone meetings over an 8 to 10-week period to address all areas about relapse prevention.
- No prescriptions will be given, but consulting with your primary care physician is an option to consider.
- The primary focus is on your interest in quitting, why you want to become a non-smoker, and “Cognitive Behavioral Therapy” techniques to help and support you.

Note: All face-to-face sessions will be on the BMC campus (Yawkey Mezzanine), unless you would prefer to come to the EAP Office at 10 Tremont Street. The (617) 451-6902 phone number is only for the Wellness Coaching. You will not be able to sign up for this program through the main EAP number.

Go Online
- Visit www.harvardpilgrim.org/bmc to:
  - Take the Harvard Pilgrim Health Questionnaire (log in to HPHConnect or create an account).
  - Watch the presentation on preventive care.

Take Action
- Join a smoking cessation program.
- Get a mammogram, skin screening or flu shot.
Spring – Better Fitness

Attend a Program
Foam Roller Demo
Stretching when you exercise is essential, but when you stretch a muscle that has knots, you are helping just the healthy tissue. Using a foam roller—much like using a rolling pin—is the most cost-effective way to break up and prevent muscle knots. This program will introduce you to the foam roller and show you how to use it properly to treat various muscle aches and pains and for spinal stabilization exercises. Please wear loose, comfortable clothing.

When: Tuesday, June 3, 2014, noon to 1 p.m.
Where: HR Training Room 1118, 85 E. Concord Street, 1st Floor
How: Register at www.internal.bmc.org/benefitsreg

Yoga (semiweekly – ongoing)
Yoga is a gentle exercise that incorporates a variety of practices, including postures or stretches, breathing exercises and meditation. Yoga may be helpful for a variety of health conditions including back pain, insomnia and anxiety. It can also help relieve stress and tension. The yoga taught at BMC is a gentle form of hatha yoga suitable for all levels of yoga practitioners, including beginners. Our yoga teachers are trained to provide modifications and adjustments to all poses so that you can learn and practice safely. Classes are led by Anna Dunwell, Registered and Certified Kripalu Yoga Instructor.

When: Tuesdays and Thursdays, 6 p.m. to 7:15 p.m.
Where: Lower level of the Moakley building
How: Drop in
Qigong/Tai Chi (weekly – ongoing)

Qigong (pronounced chi kung) is a Chinese meditative practice that incorporates slow graceful movements and controlled breathing techniques to promote the circulation of “qi” or the life force within the body. Qigong is taught by Ramel Rones. To learn more, contact Bob David at (617) 638-7540.

When: Wednesdays, 4 p.m. to 5:15 p.m.
Where: Lower level of the Moakley building
How: Drop in

Go Online
- Visit www.bumc.bu.edu/wellness/self-care/physical-activity to read the article on physical activity.

Take Action
- Join a gym.
- Sign up for a fitness class.
- Take a daily walk or commit to walking back and forth to the 610 Garage.

Summer – Improved Nutrition

Attend a Program
How Nutrition Fuels Fitness
People are never sure what foods to eat due to conflicting diet information in the media. This Harvard Pilgrim seminar will review how to lose weight (or for some, gain weight) but maintain lean muscle and have the most energy throughout the day. Learn what to eat before the gym for the best energy and how much protein your body needs to stay lean, fit and trim. We will also discuss supplements (vitamins, protein shakes, 5-hour energy drinks, etc.) and see if you actually need them. Learn how to make fast, easy
meals for breakfast, lunch and dinner that fit into your busy lifestyle and meet your fitness goals.

**When:** Thursday, July 17, 2014, noon to 1 p.m.
**Where:** HR Training Room 1118, 85 E. Concord Street, 1st Floor
**How:** Register at [www.internal.bmc.org/benefitsreg](http://www.internal.bmc.org/benefitsreg)

Chocolate, Green Tea and Strawberries: What Do They Have in Common?
Learn about antioxidants and how they help protect you from various health problems. Find out what foods have a high amount of antioxidant properties and how you can incorporate them into everyday meals.

**When:** Wednesday, August 13, 2014, noon to 1 p.m.
**Where:** HR Training Room, 85 E. Concord Street, 1st Floor
**How:** Register at [www.internal.bmc.org/benefitsreg](http://www.internal.bmc.org/benefitsreg)

Healthy Cooking (monthly – ongoing)
Join Chef Tracey Burg as she demonstrates delicious and healthy recipes for you to try at home. You’ll get to taste the food and learn beneficial nutrition practices. Classes are listed on the “Events Calendar” on the BMC intranet.

**When:** Last Wednesday of every month, noon to 1 p.m.
**Where:** BMC Demonstration Kitchen, Dowling, 4th Floor
**How:** Register at [www.internal.bmc.org/benefitsreg](http://www.internal.bmc.org/benefitsreg)

**Go Online**
- Visit [www.bumc.bu.edu/wellness/self-care/nutrition](http://www.bumc.bu.edu/wellness/self-care/nutrition) for nutrition tips.

**Take Action**
- Go to your local farmers market.
- Try out a new recipe ([www.bmc.org/nutritionresourcecenter/class-schedule-recipes](http://www.bmc.org/nutritionresourcecenter/class-schedule-recipes)).
- Bring a healthy lunch to work.
Fall – Stress Reduction

**Attend a Program**

**Massage Therapy (by appointment)**
Paula Nesoff, LMT, provides a consultation to all new patients and works to create a massage experience that fits each person’s needs. Hour-long massages are available for $50.

**When:** Wednesdays, 10 a.m. to 4 p.m., and Thursdays, 10 a.m. to 3 p.m., by appointment only

**Where:** Family Medicine

**How:** Call Danielle at (617) 414-6795

**Acupuncture (by appointment)**
Ellen Highfield, L.Ac. offers a staff acupuncture session each week. Cost: $25-40, sliding scale.

**When:** Mondays, 5 p.m. to 8 p.m., by appointment only

**Where:** Family Medicine

**How:** Call Danielle at (617) 414-6795

**Mindfulness: Realizing One’s Potential in the Workplace**
Individuals who cultivate the skills of mindfulness communicate more clearly, bounce back more quickly from setbacks and recognize the full value of their own work and the work of others. Incorporating the qualities of self-observation and self-adjustment, mindfulness offers a way to negotiate complex challenges with focus, clarity, creativity and perspective. This interactive Harvard Pilgrim seminar will explore mindfulness’ application to the unique challenges of the workplace.

**When:** Thursday, October 9, 2014, noon to 1 p.m.

**Where:** HR Training Room, 85 E. Concord Street, 1st Floor

**How:** Register at [www.internal.bmc.org/benefitsreg](http://www.internal.bmc.org/benefitsreg)

**Go Online**
- Visit [www.achievesolutions.net](http://www.achievesolutions.net) to read an EAP article on stress (go to the Health & Wellness section).

**Take Action**
- Try out an online guided meditation at [www.bmc.org/primarycare](http://www.bmc.org/primarycare) (go to the Learn More section).
- Track your sleep for a week and aim for 7 - 8 hours a night.
- Get a massage.
Wellness Challenge Tickets

Winter
I took the winter wellness challenge by:

☐ Attending a Program: ____________________________
☐ Going Online: ___________________________________
☐ Taking Action: __________________________________

Please enter me in a drawing for a **stainless steel water bottle**.
Name: ___________________________________________
Employee Number: __________________________________
Phone: __________________________________________

Spring
I took the spring wellness challenge by:

☐ Attending a Program: ____________________________
☐ Going Online: ___________________________________
☐ Taking Action: __________________________________

Please enter me in a drawing for a **Fitbit**.
Name: ___________________________________________
Employee Number: __________________________________
Phone: __________________________________________

Summer
I took the summer wellness challenge by:

☐ Attending a Program: ____________________________
☐ Going Online: ___________________________________
☐ Taking Action: __________________________________

Please enter me in a drawing for a **membership to the online DASH Program**.
Name: ___________________________________________
Employee Number: __________________________________
Phone: __________________________________________

Fall
I took the fall wellness challenge by:

☐ Attending a Program: ____________________________
☐ Going Online: ___________________________________
☐ Taking Action: __________________________________

Please enter me in a drawing for an **hour-long massage**.
Name: ___________________________________________
Employee Number: __________________________________
Phone: __________________________________________