



A wellness program to boost engagement, wellbeing, and workplace satisfaction

Our wellness package offers a robust array of programs and customization options you can use to foster a healthier, happier workforce.

Our new health and wellness platform

The new Mass General Brigham Health Plan wellness hub allows members to easily engage through a website to achieve their personalized wellness goals. Members can access the wellness hub through the Member Portal at Member.MGBHP.org. Interactive, fun, and inspiring, the experience is built to sync with an individual's unique goals and includes:

- A quick health profile with personalized program recommendations
- Content and programs based on your interests and health needs
- Tailored health action plans and challenges
- Step-by-step support to help you eat better, get active, sleep well, manage stress, quit smoking, lose weight, and more
- Option to offer employees incentives in the form of gift cards for completing activities on the platform. Additional cost applies.

Additional resources to support member health and wellness on back

How our wellness program becomes *your* wellness program

Every workforce is unique. Our customizable programs help you build a healthy workplace culture by choosing wellness activities for onsite and/or remote employees:

- Biometric screenings
- Seminars/webinars on wellbeing topics (healthy eating, stress management, weight management, financial wellness, physical activity, sleep, behavioral health)
- Self-care sessions (relaxation/ chair massage, cooking demos, yoga, fitness classes)
- Step challenges through a third-party vendor that allow all employees, regardless of health plan coverage, to participate

Health and wellbeing resources to fit every lifestyle

We offer professional support to help members be at their best in mind, body, and spirit. Healthy living resources, services, and benefits that also come with your plan include:

- 1:1 health coaching
- Certified Tobacco Treatment Specialists
- Healthier You program to help members lose weight and become more active
- Fitness benefit up to \$150 for individual coverage or \$300 for family coverage per calendar year. Amounts may vary (terms and conditions apply).
- Weight loss reimbursement: Get up to six months free with Jenny Craig®, WW®, or Noom®
- **NEW** Weight Management program through Teladoc Health for a sustainable weight-loss approach and improving cardiometabolic health*
- Lyra mental health support*
- Optum Live and Work Well self-help resources
- Women's health programs** that include:
 - Poppy Seed Health: On-demand pregnancy, postpartum, and loss support
 - Elektra Health: Personalized symptom-based menopause care
 - Bloom: Digital physical therapy support for pelvic floor dysfunction

Members can easily engage with these resources and services at Member.MGBHP.org.

* Included with fully insured plans and available to self-funded clients at an additional cost.

**Women's health programs are available to fully insured clients.

Let's customize your approach together

Please work with your Account Executive to select the programs that are right for you.