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. Personal Health Coaches are nurses and are ready to help you achieve a range of health goals, including:

- Managing weight
- Increasing physical activity and exercise
- Reducing stress and finding life balance
- Lowering cholesterol
- Eating better
- Dealing with back pain
- 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 wellness staff will provide a free screening of these key numbers for Boston College faculty and staff and their spouses at upcoming on-campus biometric screenings.

If you already know your numbers from visits to your doctor, no need to attend a screening event. Just have them available when you take the HQ.

Use your numbers to complete the HQ. If you and your spouse know your numbers and complete the HQ by April 30, 2015, you’ll each earn a $125 BC Reward Card.

On-Campus Biometric Screenings

March 3
Flynn Recreational Complex,
Multi-Purpose Suite
8:00 a.m. – 4:00 p.m.

March 18
Yawkey Athletic Center,
Murray Function Room
7:00 a.m. – 3:00 p.m.

April 13
Yawkey Athletic Center,
Murray Function Room
9:00 a.m. – 5:00 p.m.

April 23
Newton Campus,
Barat House
12:00 p.m. – 3:30 p.m.

Access the HQ by logging in to HPHConnect for Members at www.harvardpilgrim.org/bostoncollege.

View video testimonials of your Boston College colleagues at www.bc.edu/healthy-you.