

Other Healthy Activities

Wellness is an ongoing process that involves personal time and commitment. HealthQuest is here to support your healthier lifestyle choices that can improve your quality of life.

A healthy lifestyle isn't just about your physical health. That's why we offer employees a variety of programs, events and services that address other healthy activities such as:

- Farmers' Markets.
- Stress management.
- Weight management.
- Diabetes management.
- Financial seminars.
- Walk Your Way to Wellness.



In addition to these programs, HealthQuest offers educational programs and activities that reflect the national health observances. Program and activity information, as well as general health information, can be accessed via [the HealthQuest page on the intranet](#).

FOR MORE INFORMATION

Contact:

Kris Aimone, Wellness Coordinator
508-679-7417
aimonek@southcoast.org

Visit:

HealthQuest on the Southcoast Intranet



SOUTHCOAST
HEALTH SYSTEM
www.southcoast.org

HEALTHQUEST



Assisting employees and their families on their journey to live healthy lifestyles.



SOUTHCOAST
HEALTH SYSTEM
www.southcoast.org

Improve your quality of life.



Southcoast's HealthQuest programs can help you reduce your health risks by identifying and changing behaviors that could lead to future health problems.

HealthQuest's mission is to educate, motivate and empower all employees and their families to make healthy lifestyle choices and improve their overall health.

HealthQuest's foundation consists of six dimensions of health care that are referred to as the Wellness Wheel.

- | | |
|-----------------|--------------|
| 1. Physical | 4. Emotional |
| 2. Intellectual | 5. Social |
| 3. Occupational | 6. Spiritual |

Each dimension is of equal importance in your journey to better health. We offer programs and activities that incorporate these dimensions to provide you with the tools you'll need to get started, stay motivated and achieve your goals. Go to HealthQuest on the intranet to find out more.



HealthQuest Assessment (HQA)

The HealthQuest Assessment (HQA) is a questionnaire that helps you uncover potential health risks and recommends positive steps to control your specific health risks. The assessment questions relate to modifiable risk factors such as stress, exercise, nutrition, safety and tobacco use. Once all of the questions are answered, you will receive an easy-to-understand report. It will outline your specific risk levels for a variety of health conditions and common risk factors, such as weight and blood pressure, and provide an action plan for reducing your risks. Bringing awareness to one's own health habits is the first step in making healthy lifestyle changes.

No one at Southcoast will ever see your confidential results; our programs are based on the anonymous statistics from everyone who takes the HQA. This information helps Southcoast plan wellness programs that are beneficial to our employees.



Biometric Health Screenings

We encourage you to participate in health screenings to assess your health status. The screening includes cholesterol, glucose, blood pressure and BMI, and takes approximately 15 minutes. You will receive your results at the time of your screening and can review them with a wellness clinician. This information is also recommended to have available when completing your HQA so that the report may provide more accurate detailed information.

Understanding your own biometric health screening data is an important way for you to make choices that will improve your health or maintain good health habits.

Healthy Choice

Eating healthy is smart...and easier than ever! HealthQuest Healthy Choice helps Southcoast employees and our community members make better decisions about their dining options in our cafeterias, leading to better nutrition and a healthier lifestyle. Look for great-tasting meals that are nutritionally balanced, 600 calories or less and low in fat and sodium.

Smoking Cessation

A variety of smoking cessation programs are offered throughout the year to assist employees and their family members in their efforts to quit smoking.