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:

- Farmer’s Markets.
- Stress management sessions.
- Your Financial Health seminars.

Information that is collected will be treated as private and confidential in keeping with HIPPA regulations. Individual health data may be shared with the clinical team who manages my health (including, but not limited to, my doctor(s), care manager(s) and wellness coordinator(s)), and who may reach out to offer assistance for health improvement. De-identified health data will be used in aggregate by the Southcoast Health Plan and HealthQuest, as part of the health care operations of the Southcoast Health Plan to identify needs and evaluate the impact of wellness programs.

For more information

To learn more about HealthQuest Programs contact Kris Aimone, Wellness Coordinator, at 508-973-7417 or aimonek@southcoast.org. or visit HealthQuest on the Southcoast intranet.

Take the next step

Visit HealthQuest on the Southcoast intranet.
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 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. Visit HealthQuest on the intranet to find out more.

Virgin Pulse HealthMiles Program

The Virgin Pulse HealthMiles Program has been adopted by Southcoast to help employees make better decisions about their health and wellness. This web-based program is available to all employees and provides a variety of ways to earn HealthMiles points that make you eligible for great rewards. The more HealthMiles points you earn, the more rewards you can earn. This program includes the HealthQuest Assessment.

HealthQuest Assessment (HQA)

The HQA is a total quality-of-life questionnaire that captures a snapshot of your health, plus a baseline to start from and track against. Bringing awareness to one’s own health habits is the first step in making healthy lifestyle changes.

Biometric Health Screenings

We encourage you to participate in biometric health screenings to assess your health status. They can be completed at the Health Stations, which are located at Charlton, St. Luke’s, Tobey and the South Coast Business Center and include blood pressure and weight.

Employee Assistance Program

The Employee Assistance Program (EAP), is a confidential resource offered by Southcoast. The EAP provides assistance with personal problems affecting job performance and other areas of the employee’s life. It is available to employees and their immediate family members.

The EAP is staffed by professional licensed counselors who can be contacted for information or an appointment

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.

Healthy Choice meals are nutritionally balanced, 600 calories or less and low in fat and sodium.

Tobacco Cessation

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

Weight Management

Weight management programs are available to employees and, depending on the program, are facilitated by Registered Dietitians, an Exercise Physiologist and Registered Nurses. These programs are designed to foster lasting behavioral changes that will maintain a healthy weight through improved awareness, nutrition and exercise.

Diabetes Prevention & Management

In an effort to prevent and control Type 2 diabetes, Southcoast Health offers programs targeted toward those identified as being at high risk for the disease and those already diagnosed with it. The programs, which are led by specially-trained staff, provide support, encouragement and vital education on how to prevent and control diabetes and accompanying cardio-metabolic risk factors.

Personal Health Management

You may qualify for Personal Health Management if you are enrolled in the Southcoast Health Plan and have:

> A health issue that places you at high risk for developing more serious health issues, or
> A chronic health condition that needs to be managed in order to maximize your health.

This service is provided at no additional cost by a Personal Health Nurse (PHN) who is employed by a confidential third party, Conifer. A PHN will call you to talk about the services they can provide and will work with you and your doctor to establish a plan to help you feel better and keep your costs in check. Personal Health Management is voluntary but your commitment to working with your PHN is critical to achieving a successful outcome.

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