

Wellness Employee Benefits

PARTNERS HOUSING SEARCH WEBSITE:

Partners HealthCare employees staff and employees may post and find Apartments, Houses or Sublets to rent or share at the Partners Housing Search Website <http://healthcare.partners.org/housing/housing.asp>
To post a listing click on "New Listing" or mail listing to Partners Housing c/o Partners Benefits Office, 101 Merrimac Street, Boston, MA 02114. For questions regarding your listing or technical issues, please click on the "Feedback" button on the Housing website.

HEALTH & FITNESS

BWH WEIGHT WATCHERS AT WORK:

We are so excited to announce that we've been able to extend the registration period for the Weekly Wednesday Weight Watchers – Beyond the Scale program here at Brigham and Women's Hospital. The final date for registration for this program will occur on Wednesday, July 18th, 2018 @ 1:00p-2:00p in the Anesthesia Lecture Hall/Conference Room (CW-L110). Below is a snapshot of what the road ahead will look like if you'd like to participate:

At work meetings, the core of this program, will be held every Wednesday from 1:00p-2:00p on the BWH Main Campus by a trained meeting leader (15-minute weigh-in, 30-minute meeting, 15-minute question/social period). These weigh-ins are confidential. The first weigh-in for the next session will occur on Wednesday, July 18th.

Want to check-in to see how you're doing on your journey while you're on the go? The Weight Watchers Digital/Online Plus weight-loss offering is included which, among other features, allows you to track your personal food and fitness from your mobile phone. Left your phone at home? We've got desktop access for you too.

Have a burning question that just can't wait until Wednesday? Our program offers 24/7 Expert Chat with the Weight Watchers coaching team so you can get an answer to your questions as quickly as the questions come up.

Already use an activity tracker? Our tools seamlessly sync across platforms and apps so you don't have to look in multiple places to get all the information you need.

Found a new trick that's helped motivate you? Share it on Weight Watchers Connect – the members-only social networking site.

Participation in this program will cost \$156 per person (an average weekly price of \$13). If we're able to get 20 people to register, we will qualify for an extra 5 weeks (17 weeks total) for \$186 per person. If you're interested in finding out more, have specific questions about the program, or are ready to begin the program and want to join the mailing list, please reach out to R. Scott Lundgren (slundgren@bwh.harvard.edu) and we'll make sure to keep you posted with an update as more information becomes available.

We hope to see you as we begin our next odyssey on Wednesday, July 18th!

BRIGHAM CIRCLE GROUP OF ALCOHOLICS ANONYMOUS:

Peter Bent Brigham Building
15 Francis Street
Carrie Hall
Mondays from 7 pm – 8 pm

OHS EPISODIC CARE CLINIC FOR EMPLOYEES:

What: Conveniently located care for upper respiratory infections, sore throats, conjunctivitis, urinary tract infections and back pain.

Who: Employees who have a BWH primary care provider and receive medical insurance through Partners HealthCare.

When: Monday-Friday, 7am- 3pm

How: Schedule an appointment by calling 617-732-8501.

Employees will not be charged a co-pay for their visit (labs, radiology exams or prescriptions medications will be billed to the employee's health insurance.)

CHARLES RIVER AQUATICS:

We are excited to continue offering Perks members 20% off swim lessons at our Simmons College location and memberships savings with our [Masters Swim Team](#) at Harvard. Please visit us [online](#) to see our current and future offerings as well as to register. When registering for a class, please enter the **promo code PERKS**, and for our Master's program select the Perks member option. To find out more or for any questions, please contact me at cschenck@charlesriveraquatics.com or at 630-222-0738.

ZUMBA® in JAMAICA PLAIN:

Our classes are held at Spontaneous Celebrations, a funky community center located at **45 Danforth Street in Jamaica Plain**. As an employee of Brigham & Women's, you can try your **first class for FREE** and receive a **\$10 discount** off our 10-class cards (\$70 instead of \$80) or a **\$5 discount** off our 5-class cards (\$40 instead of \$45). Plus, our cards have no expiration date! Classes are held **Tuesdays 6-7 pm** (with Nancy Deleon, getfitwithnancy@gmail.com) and **Thursdays 6-7 pm** (with Joya Lonsdale, joyafitness@gmail.com).

HARTER STRENGTH & CONDITIONING:

*New private and small group training center offering 15 different classes per week. Conveniently located at Putterham Golf Course in Brookline, Ma. Our gym offers two class types. High Intensity Interval Training (HIIT) and a traditional weight lifting class utilizing Olympic barbells, kettle bells, and dumbbells called (LIFT). Personal training sessions are also a great option for custom programming and run coaching. Partners employees will receive 10% off monthly rates for small group training and personal training packages. Visit the website (www.harterstrength.com) For questions contact Cody Harter at [617-640-3905](tel:617-640-3905) or email harterstrength@gmail.com

NEXT LEVEL FITNESS:

Next Level Fitness is an award winning Personal Training business in Boston that offers top level results to clients. They work with clients in clean, private, personal training studios in 4 different locations: Boston's South End & North End, Brockton and Revere. They offer training in semi-private settings of no more than 3 clients per session. They specialize in Corrective Exercise (Postural Fitness) and Metabolic Conditioning (Fat Burning). Try-Fit Introductory Program: 3 – 45 Minute Personal Training Sessions for \$99. Contact us to schedule at appointment@nlfhealth.com, Phone: 617-487-4001. Contact: Tai or Micah

CROSSFIT ON THE HILL:

(COTH) is a strength and conditioning facility. Unlike your regular treadmill, elliptical and machine gym, our training consists of bodyweight exercises, weightlifting and conditioning like running, rowing and jumping rope. Our coaching staff has over 25 years of experience and is comprised of strength and conditioning coaches and personal trainers with bachelors and master degrees in exercise science. BWH Employees will enjoy 15% off the Unlimited Membership. **Unlimited membership is \$199**. For more information call 617-652-7729 or go to www.crossfitonthehill.com

HEALTHWORKS FITNESS CENTERS FOR WOMEN:

Female employees of Brigham & Women's (and female spouses/domestic partners of employees) Employees may now join for as low as \$49.99 bi-weekly! And for the month of July, employees can join

for just \$1 and receive their first two weeks free. **Please note that this update does not change employees' accounts that are currently members of Healthworks.** Healthworks has locations in Back Bay, Coolidge Corner, Cambridge & Chestnut Hill; www.healthworksfitness.com. Healthworks Fitness Back Bay is offering our employees a 3-day pass and \$10 off their dues each month. To access the pass or book a tour please visit link <http://go.healthworksfitness.com/healthworks-trial-pass> or If you have any questions, please direct them to smahoney@healthworksfitness.com or (617)859-7700.

WEYMOUTH CLUB:

Weymouth Club has a health and fitness center, pools, tennis, group exercise, and free childcare. Partners employees will receive 10% off monthly dues and \$0 enrollment. Visit the website (www.weymouthclub.com) For questions contact Dorrell Lawton at 781-682-5802 or dlawton@weymouthclub.com

CALM POWER YOGA:

Yoga classes for all levels of fitness; includes Hot Vinyasa style Power Yoga (Baptiste method) and moderate and beginner classes. Special classes for specific training needs or private groups, as well as private lessons also offered. Contact Lesley Reilly at 508-544-9642 or email bcalmpoweryoga@gmail.com . Visit the website www.bcalmpoweryoga.com

MEDICAL

LASER AND SKIN HEALTH CENTER:

10% off cosmetic services!

BWH Department of Dermatology's Laser and Skin Health Center at the Fish Center for Women's Health offers 10% off cosmetic services to all BWH employees. Call us today to schedule your consultative appointment for laser hair removal, Botox, fillers or facial rejuvenation. Our practice is located at Brigham and Women's Health Care Center at 850 Boylston Street in Chestnut Hill. Please mention that you are a Brigham and Women's employee when you call. We are available to take appointment requests by phone at (617) 732-9300 and dial option #4.

PRIMARY CARE DOCTORS:

Any BWH/BWFH or Partners HealthCare staff person who wishes to receive primary care at BWH/BWHF or an affiliated site can call 855-244-0012 to make an appointment. We have primary care practices located in the Longwood Area, Pembroke, Weymouth, Scituate, Newton, Norwood, Jamaica Plain, West Roxbury, and Hyde Park. Our Harbor Medical, Pembroke, and Weymouth practices are currently accepting new pediatric patients. Please call 781-952-1303 to schedule a new patient appointment at Harbor sites. For more information on our primary care practices, please visit our Pikenotes [page](#).

GIO DENTAL AT STATION LANDING!:

We are happy to offer 15% off co-payments to any Partners employee. (general, cosmetic, and orthodontic dentistry). We offer preventative and comprehensive dental care services to patients of all ages. Our friendly and caring staff is here to help you make educated and informed decisions about all your dental treatment options. When scheduling the appointment, simply mention that you are a Partner's employee. We will verify your eligibility through your dental insurance (group name), or work ID.

Learn more at www.GioDentalSL.com

Office Hours: We are open Monday to Friday, 9:00am – 5:00pm

Thursday, 11:00am – 7:00pm

Saturday, 9:00 am – 3:00pm

BROOKLINE HEARING SERVICES:

is offering 20% off the MSRP price to all Partners employees on a brand-new product to help with understanding TV with hearing loss. HyperSound® technology is a fundamentally new approach to sound delivery that generates a highly directional, narrow beam of audio in the air. Like how a flashlight directs a beam of light, HyperSound Clear™ directs a beam of audio to targeted listeners. HyperSound Clear™ works in parallel with the audio from the TV or home theater system. A person with hearing loss will experience immersive, 3D audio when sitting in the HyperSound beam, while everyone else in the room hears audio from the TV speakers or home theater system at a normal volume level. Additionally, HyperSound Clear™ can be programmed by a hearing healthcare professional to a specific user's hearing profile to deliver optimal results. Contact us at 617-232-1299 and ask to speak with Suzanne Rakov for an in-office demonstration.

YES, DOCTOR LLC.:

Virtual assistance with concierge, secretarial, and admin support, research and academic writing, credentialing, virtual P.A. service. 15% reduction on all our services for members. Contact: Teresa at 718-618-4512 or email teresa@yes-doc.com.

WORK-LIFE BALANCE

SHIPT:

Partners Healthcare and BWH employees get a full year of membership for just \$49 with a 2-week free trial (regularly \$99). Shipt delivers groceries and merchandise from your local Target in as soon as one hour. Every order is handpicked and delivered with care, and as a Partners Healthcare and BWH employee, you get unlimited grocery delivery for just \$49 a year. Coupon Code: **35BA486K6CF** This **exclusive offer ends 12/31/2018**. www.shipt.com/offer. How it works:

You Order

- Select your groceries, choose your delivery options, and check out – that's it.

We Shop

- This is as fresh as it gets – no warehouses, no boxes. Just handpicked groceries.

We Deliver

- Our shoppers deliver your groceries where you want them to go in as soon as 1 hour.
- Choose from over 700,000 items
- Cancel anytime

For any question feel free to contact customer support [here](#).

LISA'S HANDS of TIME PERSONAL CONCIERGE SERVICES:

We provide our clients with customized, personalized services from errands and shopping, to organizing, research, wait services, event planning, and more. **BWH/MGH/PHS** employees receive one hour free as a first-time client when they book three hours. After the first visit, save 15% off each hour and \$25 off service when you refer someone. For more information, visit our [website](#) or contact Lisa at 617-281-7606 or Lisa@LisasHandsOfTimeConcierge.com. Please mention your BWH/MGH/PHS affiliation when you contact us.