



Because *my*Well-Being matters...

## 2013 Faces of *my*Well-Being: Beverly Carver, Robinson

### What is "Well-Being?"

The Hershey Company defines well-being as "the state of being happy, healthy and/or prosperous." While Hershey provides a definition, the company knows that these states mean something different to everyone.

The purpose of "Faces of *my*Well-Being" is to help you achieve the well-being lifestyle that's right for you by featuring Hershey colleagues and their "*my*Well-Being journeys."

### Beverly Carver, PayDay Line, Robinson

Q: What does "well-being" mean to you?

A: Concern about my own well-being helped me look at my health. I quit smoking on March 19, 2012; I joined Weight Watchers. The Health Coaches would call and help me from getting discouraged. It gave me a chance at a better life.

Q: How has Hershey helped you maintain a state of well-being?

A. Hershey helped by providing the Quit for Life tobacco-cessation program, the Weight Watchers Reimbursement Program, a Health Coach through the *my*Well-Being Program, and the *my*Well-Being Incentive Program, which I completed in 2012 and plan on completing again in 2013.

Q: Favorite physical activity?

A: Walking on a treadmill and looking forward to riding my new bicycle this summer.

Q: Favorite food indulgence?

A: I love it all.

Q: Did you play any sports growing up?

A. I played softball and track (that's all they had for girls at my small school, but I loved playing basketball in gym class).

Q: Do you participate in any sports or physical activities now?

A. I play billiards. I played at nationals two or three times. I love the competition.



Beverly Carver, Robinson, shares her inspirational "*my*Well-Being journey."

Q: Tell us about your “myWell-Being journey. ”

A: I was tired of not feeling good. I was always told, no one can do it but you; we can guide you, but you have to do it yourself. Smoking was my first battle. I had been a smoker for 30 years. I’m proud of myself for quitting smoking. Losing weight is my second battle. I’ve been overweight for 18 years. I gained weight when I lost my sister and mother the same year. I got depressed and ate more. My mom and sister wouldn't want me to be like this, they'd want me to get my health back. I'm borderline diabetic and high blood pressure and it was all from the smoking and being overweight. I have to do whatever I can to fight it. The weight has to come off in order for me to beat it. I know how good I felt before I put the weight on and I have to get that feeling back. I’m in Weight Watchers and exercising more. Depression also takes a toll on you. It's very vicious and I'm tackling that too. The Health Coaches are great for reminding me to not be so hard on myself. The Quit Coach was also very supportive. The [myWell-Being website](#) has a lot of useful information that you can look up. I just know that the myWell-Being Program has given me a chance at a better life. During my annual preventive screening, my family doctor discovered my borderline diabetes and high blood pressure. She said we would start from square one and I needed to "get off that couch."

### More Faces of myWell-Being

Read more employee profiles on the [Faces of myWell-Being](#) page.

### How to be a Face of myWell-Being

Would you like to be profiled as one the Faces of myWell-Being or do you have a myWell-Being journey to share? Faces of myWell-Being are needed to share their stories for 2013. Contact [myHR Communications](#).

# Faces of *my*Well-Being

- Who: Beverly Carver,  
PayDay Line, Robinson
- Favorite Physical Activities:  
Bike riding and billiards
- *my*Well-Being Journey:  
"I was tired of not feeling good.  
The *my*Well-Being Program has given me a chance at a  
better life."
- To read Beverly's *my*Well-Being story, go to  
[myHR.hersheys.com](http://myHR.hersheys.com) > keyword search "Beverly"



Beverly Carver  
shares her inspirational  
"*my*Well-Being Journey."



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