



WELLNESS

Inspire • Support • Achieve

CSJ Employee Wellness Opportunities for 2009

- **Wellness Conference and Fair; Friday, August 21st**
 - 2009 Keynote speakers; Wes Alles, Ph.D.; Director of Stanford University's employee wellness program and Dr. Neal A. Scott; Cardiologist. A day of multiple opportunities to attend various wellness related topics during conference sessions such as Heart Health, Understanding Blood Pressure, Colon Health, Sun Protection and more. Visit www.sanjoseca.gov/wellness to learn more and to register for seminar sessions. Wellness Fair in the Rotunda from 11 am – 2 pm.
- **Free Flu Shots**
 - Work-site flu shots, beginning with the Benefits Fair/Open Enrollment Kick-off Wednesday, October 28, 2009 and continuing on November 3, 4, 5, 10, 12, 17, 18, and 19. Departments interested in holding a flu shot event at their location can email their interest to WellnessIn-Box@sanjoseca.gov
- **Red Cross Blood Drive**
 - Volunteering to donate blood includes a free, mini physical; blood pressure check, iron level determination and testing for certain blood-borne diseases. Blood donation events are held three times a year at City Hall in the Rotunda; March, June and coming: September 24th, 2009. Register to be a CSJ donor at www.beadonor.org. Use sponsor code CSJ.
- **Workplace Walking Challenge**
 - March 2009 the City joined forces with the American Heart Association (AHA) and launched a worksite walking challenge. Challenge co-workers, challenge other departments or challenge yourself to find ways to increase daily activity by adding or increasing your walking steps. The AHA's site is loaded with great nutrition and activity information too. Log activity using the on-line tracking system at www.mystartonline.org and register using company name of CITY OF SAN JOSE. Refer to the documents posted at www.sanjoseca.gov/wellness for further details.
- **Wellness Seminars**
 - Free lunch-time, brown-bag seminars on various wellness topics held at multiple locations. 1-hour sessions include information about ways to increase or maintain mental and/or physical health, exercise, nutrition, balance home/work life & more. www.sanjoseca.gov/wellness

Over for more →

- **Health Plan Wellness Benefits**
 - **Blue Shield:**
 - Pilot diabetes and asthma program, effective 1/1/09: \$0 generic drug prescription co-payment for employees and early retirees who are receiving treatment for chronic diabetes or asthma.
 - Maternity program, effective 1/1/09: provides rewards to pregnant employees who enroll into a maternity management program during their first trimester.
 - Healthy Lifestyle Rewards: pays up to \$175 to employees and early retirees who participate in an on-line health assessment and continue with on-line programs in minimum 12 week increments.
 - Eligibility extended to dependents on 1/1/09.
 - Visit www.blueshieldca.com/hlr to learn more.
 - **Kaiser Permanente:**
 - Healthy Lifestyle Rewards: pays up to \$150 to employees and early retirees who participate in an on-line health assessment and up to 2 additional on-line programs. Program began 1/1/09.
 - Visit <http://my.kp.org/healthworks/ca/cityofsanjose/> to learn more.
- **Other Wellness Opportunity and Support**
 - CA Bike to Work Day – DOT
 - City Hall Stair Climb Event – Council
 - Downtown Domestic Violence Prevention Walk – Council/CMO
 - City Hall Bike racks and bike lockers – DOT/GS
 - Shower rooms and lockers – GS
 - Bike skills classes – DOT
 - Downtown employee bicycle fleet – HR/DOT/GS
- **Employee Organized Wellness Events**
 - Department Team Sports – www.sanjoseca.gov/prns/RecreationSports
 - Weight Watchers® AtWork meetings www.sanjoseca.gov/wellness
- **Coming Soon...**
 - **City Hall Fitness Room**
 - On-site workout center scheduled for completion in 2009.
 - **Smoking Cessation Program**
 - Worksite help for employees interested in help to quit smoking
 - **Worksite Wellness Assessments**
 - Convenient worksite wellness assessments: save time and money.
 - **Medical Decision Support Service**
 - Risk reduction strategy to improve patient outcomes and reduce the cost of healthcare.



8/11/2009