



## CSJ Retiree Wellness Opportunities for 2010/11

### Health Plan Wellness Benefits

- **Blue Shield:**
  - ◆ Healthy Lifestyle Rewards: pays up to \$175 to retirees (and their eligible dependents over 18) who participate in on-line health assessments and on-line programs. [www.blueshieldca.com/hlr](http://www.blueshieldca.com/hlr)  
Please note: Retirees over 65 may participate by completing the assessment or on-line wellness programs but cannot receive monetary rewards if they are enrolled into a Medicare plan.
  - ◆ \$0 generic drug prescription co-payment for retirees (and eligible dependents) who receive treatment for chronic diabetes or asthma.
- **Kaiser Permanente:**
  - ◆ HealthWorks Rewards: pays up to \$150 to retirees (and eligible dependents over 18) who participate in on-line health assessments and on-line programs. <http://my.kp.org/healthworks/ca/cityofsanjose>  
Please note: Retirees over 65 may participate by completing the assessment and on-line programs but cannot receive monetary rewards if they are enrolled into a Medicare plan.
  - ◆ Members between the ages of 50 – 75 years should receive a F.I.T. Kit, an in-home test for colon cancer. Individuals who complete the test and return the kit will be entered into a random drawing for 16 - \$250 gift cards. Please note: Retirees over 65 may participate in the screening but are not eligible to receive the random drawing rewards if they are enrolled into a Medicare plan.

### MedExpert, International

An Individual Medical Decision Support service (IMDS); a free medical information resource to retirees (and eligible dependents) who are enrolled into a City sponsored health plan; Kaiser Permanente or Blue Shield. MedExpert provides telephonic support for understanding treatment options and expected outcomes from physicians who provide information in plain language. Expert locator and appointment services too. Visit [www.sanjoseca.gov/wellness](http://www.sanjoseca.gov/wellness) or call 1(800) 999-1999, 7 AM – 7 PM, Monday – Friday.

### Monthly Employee Wellness Newsletter

A newsletter for wellness information, events and celebrations is published for employees on the internet. [www.sanjoseca.gov/wellness](http://www.sanjoseca.gov/wellness) Articles that may be of interest to the retiree population are reprinted in the Retiree Association newsletter and the Retirement Department newsletter.

Over for more →

### **Weight Watchers® AtWork Meetings**

Workplace healthy lifestyle support meetings are currently held at City Hall and at the Airport. Discount meeting vouchers are available to Kaiser Members. A yearly \$50 Weight Watchers reward is available to Blue Shield Members. Additional meeting opportunities at CSJ location will be announced as they become available. Retirees and family members are welcome to join the AtWork meetings. For more information, please send an email to: [WellnessIn-Box@sanjoseca.gov](mailto:WellnessIn-Box@sanjoseca.gov) or call: (408) 975-1431

### **Red Cross Blood Drives**

Blood donors get a free mini-physical; blood pressure check, blood iron level test and screening for certain blood-borne diseases. Blood donation events are held three times a year at City Hall in the Rotunda; March, June and September. Register to be a donor at [www.beadonor.org](http://www.beadonor.org). Use sponsor code CSJ.

## **More Wellness Coming in 2011**

### **A Day of Wellness; Thursday, March 24<sup>th</sup>**

Mark your calendars! City Hall will host the 3rd Employee Wellness Conference on Thursday, March 24th. The day will kick-off with a key note presentation in Council Chambers at 9 AM followed by various wellness activities and seminars. Free wellness screenings will be available. Registration in advance is encouraged. Look for details and the complete seminar schedule to be posted in January.

### **Worksite Wellness Screenings**

Wellness screenings provide cholesterol, HDL, LDL, triglycerides, blood sugar and more. Mobile screening team comes to workplace locations as a convenience to employees. Retirees are eligible to receive a screening by appointment. Contact the Wellness Coordinator at (408) 975-1431.

### **Wellness Wednesdays**

Wellness Wednesday seminars begin in 2011 with various wellness topics held at multiple City locations. Look for the schedule to be posted mid December. Typically 1-hour sessions that include information about ways to increase or maintain mental and/or physical health, exercise, nutrition, balance home/work life & more. Classes are will be scheduled during the noon lunch-time hour and retirees are welcome to join active employees. Drop-in only; no appointment or registration needed.

Email: [WellnessIn-Box@sanjoseca.gov](mailto:WellnessIn-Box@sanjoseca.gov)

Internet page: [www.sanjoseca.gov/wellness](http://www.sanjoseca.gov/wellness)

CSJ Wellness Coordinator: Debbi Bohnet-Nuttall (408) 975-1431



11/30/10