

# RETIREMENT NEWS

Office of Retirement Services

Issue No. 4: July 2017

## Better Health, Better Living

A warm summer greeting to all of our members! This quarter's newsletter features several great resources related to wellness including information on upcoming **Retirement Planning Workshops** to support our active members in preparing for financial wellness. This newsletter also features resources to support our retired members' physical health, including information about upcoming **Retiree Wellness Events** and links to online wellness resources from each of our medical vendors. We hope that you have a wonderful summer. Please do not hesitate to reach out to us for information or support related to any of your retiree healthcare questions.

## Active Employee Retirement Planning Workshops

In 2017, we are offering several learning opportunities for **active employees**, including **Retirement Planning Workshops**. These sessions are intended for members who are within 1-2 years of retirement and will be taking place at the Office of Retirement Services. The workshop covers City of San José retirement benefits and a variety of other topics. Please click on one of the links to register. If your spouse or domestic partner will be attending with you, please be sure to indicate that you are registering for two people.

### Federated City Employees' Retirement System Members:

Date:	Time:	Click to Register:
Aug 24, 2017	1:00-3:00 PM	<a href="#">Register</a>

### Police and Fire Department Retirement Plan Members:

Date:	Time:	Click to Register:
Sept 28, 2017	1:00-3:00 PM	<a href="#">Register</a>



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## Retiree Wellness Events

We are thrilled to provide a number of **Retiree Wellness Events** in 2017 as part of a new initiative to support our members in their physical wellness. The following events will be held at the Office of Retirement Services, located at 1737 North First Street, Suite 580, San José, CA 95112. All sessions are free. However seating is limited to 50 participants per event. To register online, please visit the links in the table below. If you attempt to register and the session is sold out, click **Register** and you will be added to a waitlist. Based on the volume of interest, we may add additional sessions. Those on the waitlist may be contacted to attend at a later date.

## Contact Us

Please give us a call for more information or visit our website:

[www.sjretirement.com](http://www.sjretirement.com)

### Office of Retirement Services

1737 N First Street, Suite 600  
San Jose, CA 95112

(408) 794-1000

Date/Time	Topic	Online Registration
July 27, 2017 1:30- 2:30 PM	<b><i>Managing Your Cholesterol</i></b>	<a href="https://www.eventbrite.com/e/managing-your-cholesterol-tickets-32361185176">https://www.eventbrite.com/e/managing-your-cholesterol-tickets-32361185176</a>
Aug 31, 2017 1:30- 2:30 PM	<b><i>Managing Your Weight</i></b>	<a href="https://www.eventbrite.com/e/managing-your-weight-tickets-32361259398">https://www.eventbrite.com/e/managing-your-weight-tickets-32361259398</a>
Sept 14, 2017 1:30- 2:30 PM	<b><i>Take Control of Your Diabetes</i></b>	<a href="https://www.eventbrite.com/e/take-control-of-your-diabetes-tickets-32361413860">https://www.eventbrite.com/e/take-control-of-your-diabetes-tickets-32361413860</a>

## Online Wellness Resources

Below are links to online wellness resources from each of our medical vendors. The information provided on these sites is intended for your general knowledge only and is **not** a substitute for professional medical advice or treatment for specific medical conditions.

<http://www.sutterhealthplus.org/wellness/index.html>



[https://healthy.kaiserpermanente.org/health/care\\_consumer/health-wellness/](https://healthy.kaiserpermanente.org/health/care_consumer/health-wellness/)



<https://www.blueshieldca.com/bsca/bsc/public/member/mp/home/>



**Blue Shield of California**  
An Independent Member of the Blue Shield Association

## Retiree Open Enrollment 2017: Dates to Know

This year the open enrollment period for retirees is from **November 1-30, 2017**.

Please note the following:

- Open Enrollment (OE) information is mailed to retirees at the end of October
- The Health Fair at Retirement Services (Suite 580) is on November 15<sup>th</sup> from 9:00 AM - 3:00 PM
- There will be educational sessions for certain 2018 options, see OE letter for dates and times