



# Tulare County Employee Wellness Program

## HEALTHY HEART



# FEBRUARY 2015 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Biometric Screenings</b> Professional Development  <a href="#">Be Active Challenge Sign-Ups Begin</a>	3 <b>Biometric Screenings</b> Tulare Ag Center	4 <b>Biometric Screenings</b> Tulare Works (VDO)	5 <b>Biometric Screenings</b> Child Support Services	6 <b>Biometric Screenings</b> HR&D 	7
8	9 <b>Biometric Screenings</b> Processing Center	10 <b>Biometric Screenings</b> Lindsay District Office	11 <b>Biometric Screenings</b> Visalia Gov't Plaza	12 <b>Biometric Screenings</b> Visalia Gov't Plaza	13 <b>Biometric Screenings</b> HR&D	14
15	16 Presidents Day Holiday  <b>Be Active Challenge Start Date</b>	17	18	19 <b>Biometric Screenings</b> Dinuba District Office	20	21
22	23 <b>Mammograms</b> Professional Development	24 <b>Mammograms</b> Visalia Gov't Plaza	25 <b>Mammograms</b> Processing Center	26 <b>Mammograms</b> HR&D	27	28

### Weight Watchers Meetings:

Wednesdays: Visalia District Office— 12:00 PM-1:00 PM & Human Resources & Development— 5:30 PM-6:30 PM  
 Thursdays: Visalia Gov't Plaza— 12:00 PM-1:00 PM & Porterville Gov't Plaza— 5:15 PM—6:15 pm

## ONSITE BIOMETRIC SCREENINGS

### Incentives

- \$50 Incentive for participation in both the Biometric Screening and the MHA
- \$150 Incentive for improved health from last year

### What is a Member Health Assessment (MHA)?

The MHA identifies behavior that could raise health risks., and provides suggestions for day-to-day changes to improve your health and well-being. The MHA provides a Health Score that works with your health management program's tools.

### What is the Biometric Screening?

It is a short, simple health exam that helps identify your health status. The screening can reveal risk factors you may have for certain health conditions.

### Your screening will check the following :

- Blood pressure
- Body composition, including height and weight, Body Mass Index (BMI), and waist circumference
- Blood profile, including HDL, LDL, total cholesterol, triglycerides, and blood glucose levels.

### Onsite Biometric Screenings Schedule

<u>Date:</u>	<u>Locations:</u>
Feb 2	Professional Development Center, 4031 W. Noble Ave., Visalia
Feb 3	Tulare Ag Center, 4437 S. Laspina St., Tulare
Feb 4	Tulare Works (VDO), 1845 N. Dinuba Blvd., Visalia
Feb 5	Child Support Services, 8040 Doe Ave., Visalia
Feb 6	Human Resources & Development, 2900 W. Burrel, Visalia
Feb 9	Processing Center, 26644 S. Mooney Blvd., Visalia
Feb 10	Lindsay District Office, 900 N. Sequoia, Lindsay
Feb 11	Government Plaza, 5959 S. Mooney Blvd., Visalia
Feb 12	Government Plaza, 5959 S. Mooney Blvd., Visalia
Feb 13	Human Resources & Development, 2900 W. Burrel, Visalia
Feb 19	Dinuba District Office, 1066 N. Alta Ave., Dinuba
March 11	Porterville Government Plaza, 1063 W. Henderson, Porterville

For appointments, register online at:

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

*Only available to employees enrolled as primary subscribers in the SJVIA Health Plans.*

## ONSITE MAMMOGRAPHY SCREENINGS

- **FREE—No Out-of-Pocket expense to employees**
- Available to Tulare County employees enrolled in Anthem Blue Cross and Kaiser health plans through SJVIA
- Mammogram Screenings will be held on site at selected locations (allowed on County time)
- Completely **Private & Confidential**
- Females Ages 40 & over
- Recommended if you have family history of Breast Cancer
- Educational information online: [www.nationalbreastcancerawareness.org](http://www.nationalbreastcancerawareness.org)
- Testing will take approximately 15 mins.
- Administered by Pacific Coast Medical Services

### REGISTER BY 2/13/15

#### February 23

Professional Development  
Peach/Cherry Rm (8am-4pm)  
4031 W. Noble Ave., Visalia

#### February 24

Visalia Gov't Plaza  
RMA Main Conf Rm (8am-4pm)  
5959 S. Mooney Blvd., Visalia

#### February 25

Processing Center  
Birch A&B Rm (8am-4pm)  
26644 S. Mooney Blvd., Visalia

#### February 26

HR&D  
Testing Rm (8am-4pm)  
2900 W. Burrel, Visalia

For appointments, register online at:

<https://www.surveymonkey.com/r/MammoScreening>

*Only available to employees enrolled as primary subscribers in the SJVIA Health Plans.*

### REGISTER BY 2/20/15

#### March 4

Tulare Ag Center  
Auditorium (8am-4pm)  
4437 S Laspina St, Tulare

#### March 5

Porterville Gov't Plaza  
Orange/Tangerine Rm (8am-4pm)  
1055 W Henderson, Porterville

# BE ACTIVE CHALLENGE

Sign-up: **2/2/15—3/2/15** Challenge Starts: **2/16/15** Challenge Ends: **3/15/15**

**15 Wellness Points Earned If Completed**



The Be Active Challenge is a four-week individual challenge that encourages more daily physical activity.

You should try for moderate or vigorous activity each day, but any activity can improve health. To add activity to your day, take the stairs, park farther from your destination, and, when possible, walk instead of driving.

## Here's how the challenge works:

Award yourself one point for each day you do any of the following:

- \* Take the stairs instead of an elevator
- \* Skip the drive-thru window
- \* Park further away
- \* Complete at least 30 minutes of physical activity
- \* Change the TV channel/volume manually

## Program Goal:

**Reach 200 points by 12/31/2015 to earn a \$50 incentive.**

## Challenge Sign-up:

- \* Log on to [www.yourwellnesswebsite.com](http://www.yourwellnesswebsite.com) homepage
- \* Scroll down to the **Challenges** section
- \* Click **View All** to display details around dates, challenge goals, disclaimers, and tracking current, future, and past challenges
- \* Click **Sign Me Up** to progress to the sign-up screen
- \* Create a screen name and select an avatar

## Challenge Tracking:

- \* Log on to [www.yourwellnesswebsite.com](http://www.yourwellnesswebsite.com)
- \* Select the **View** link under **Challenges**

## Questions about this challenge or your wellness program?

- \* Call **Health Center** at **1-888-VIVERAE (848-3723)**.

A physician should be consulted prior to beginning a new program of physical activity, especially for men over age 40, women over age 50, and those individuals with chronic health problems, such as heart disease, diabetes, or obesity.



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Viverae Health Center

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1-888-VIVERAE (848-3723)

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