



Tulare County Employee Wellness Program

October 2015

“Women’s Health—Cancer Awareness”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;">OPEN ENROLLMENT:</p> <p>Participation Required: Changing health plans, waiving coverage, adding/dropping dependents, or enrolling in a Flexible Spending Account or Health Savings Account.</p> <ul style="list-style-type: none"> Online Enrollment - www.electmybenefits.com; Attend an open enrollment meeting (see Page 3 for locations); Visit HR&D Annex at 2900 W Burrel Ave, Visalia; or Contact Benefits Customer Service at 559-636-4911 or OEHealth@co.tulare.ca.us. 				<p>1</p> <p>Weight Watchers - Week 6 <i>HR&D</i> 12:00 PM—1:00 PM & 5:30 PM—6:30 PM</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p style="background-color: #FF69B4; padding: 5px;">PINK TUESDAY Think Pink and Wear your Pink for Breast Cancer Awareness</p> <p style="padding: 5px;">Weight Watchers - Week 7 <i>Visalia District Office</i> 12:00 PM—1:00 PM</p>	<p>7</p>	<p>8</p> <p>Weight Watchers - Week 7 <i>HR&D</i> 12:00 PM—1:00 PM & 5:30 PM—6:30 PM</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p style="background-color: #D3D3D3; padding: 5px;">WEBINAR “Cancer Prevention & Screenings” 11:00 AM or 2:00 PM See page 2 for more information</p> <p style="padding: 5px;">Weight Watchers - Week 8 <i>Visalia District Office</i> 12:00 PM—1:00 PM</p>	<p>14</p>	<p>15</p> <p>Weight Watchers - Week 8 <i>HR&D</i> 12:00 PM—1:00 PM & 5:30 PM—6:30 PM</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>Weight Watchers - Week 9 <i>Visalia District Office</i> 12:00 PM—1:00 PM</p>	<p>21</p>	<p>22</p> <p>Weight Watchers - Week 9 <i>HR&D</i> 12:00 PM—1:00 PM & 5:30 PM—6:30 PM</p>	<p>23</p>	
<p>25</p>	<p>26</p>	<p>Weight Watchers - Week 10 <i>Visalia District Office</i> 12:00 PM—1:00 PM</p>	<p>28</p>	<p>29</p> <p>Weight Watchers - Week 10 <i>HR&D</i> 12:00 PM—1:00 PM & 5:30 PM—6:30 PM</p>	<p>30</p>	<p>31</p> <p style="text-align: center;">Shave the Date for November Challenge</p>

Coming in November - “Movember Challenge” See page 3 for details



OCTOBER IS BREAST CANCER AWARENESS MONTH

October 6, 2015

Think Pink and Wear Your Pink!

PINK
Tuesday

Wear your pink with pride
and promote the cause!

Tulare County employees are encouraged to wear Pink on Tuesday, October 6th. Pink clothing and accessories, worn in accordance with County/department dress codes, are authorized and encouraged to help bring attention to the need for early detection and prevention.

Onsite Mammography Screenings Coming In March 2016!

WEBINAR

"Cancer Prevention and Screening"

Cancer comes in all shapes and sizes and anyone can get it. Preventive measures may reduce your lifetime risk of developing cancer by 50%. Catching it early increases your chances of cure. Learn about the different preventive measures and cancer screenings.

Date: October 13, 2015

Time: 11:00 AM or 2:00 PM

Select the link below to register:

<https://doctalk.webex.com/mw0401sp13/mywebex/default.do?siteurl=doctalk>



Anthem®
BlueCross





Men's Health – Cancer Awareness Month MOVEMBER CHALLENGE

1

SHAVE THE DATE
"NOVEMBER 1ST"
START WITH A CLEAN SHAVEN
FACE.

2

FOR THE ENTIRE MONTH OF
MOVEMBER YOU MUST GROW
AND GROOM A MOUSTACHE.

3

DON'T FAKE IT. NO BEARDS, NO
GOATEES, NO FAKE MOUSTACHES.

4

USE THE POWER OF THE MOUSTACHE TO
CREATE CONVERSATIONS ABOUT MEN'S
HEALTH AND TO RAISE AWARENESS TO
PROSTATE CANCER, TESTICULAR CANCER,
AND MENTAL HEALTH.

5

THE BOARD OF SUPERVISORS WILL
JUDGE THE BEST
MOVEMBER MOUSTACHE!



SUBMIT A BEFORE AND AFTER SELFIE (PICTURE) TO
OEHEALTH@CO.TULARE.CA.US BY **DECEMBER 1ST**.

MADE IN MOVEMBER STYLE GUIDE

LOCALLY GROWN STYLES



REGENT



ABRACADABRA



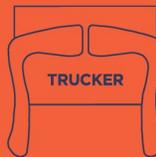
BOX CAR



CONNOISSEUR



WISP



TRUCKER



AFTER EIGHT



ROCK STAR



MOVEMBER.COM



2016 Open Enrollment Schedule September 23, 2015 - October 23, 2015

Open Enrollment Central: HR&D Annex, 2900 W Burrel Ave, Visalia – (559) 636-4911 – OEHealth@co.tulare.ca.us
Schedule: Monday-Thursday 8:00 AM to 5:00 pm and Friday 8:00 AM to 12:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday
Enrollment Options: 1. Attend a location below: Meetings are at 8:30 am & 1:30 pm; 2. Enroll Online at www.electmybenefits.com ; or 3. Visit Open Enrollment Central. <i>No appointment needed to enroll in medical, dental, or vision benefits.</i>		September 30	October 1	October 2
		Visalia Government Plaza <i>RMA Conference Room</i> 5959 S Mooney Blvd	TCERA (Retirees Only) <i>Board Conference Room</i>	HR&D Annex 8am-12pm
		HR&D Annex 8am-5pm	HR&D Annex 8am-5pm	
October 5	October 6	October 7	October 8	October 9
HR&D Annex 8am-5pm	Porterville Government Plaza <i>Orange Room & Tangerine</i> 1063 W Henderson	Porterville Government Plaza <i>Orange Room & Tangerine</i> 1063 W Henderson	Visalia Processing Center <i>Birch Room</i> 26644 S Mooney Blvd	HR&D Annex 8am-12pm
	HR&D Annex 8am-5pm	HR&D Annex 8am-5pm	HR&D Annex 8am-5pm	
October 12	October 13	October 14	October 15	October 16
HR&D Annex 8am-5pm	Lindsay District Office <i>Conference Room</i> 900 N Sequoia, Lindsay	Visalia Child Support <i>East Training Room</i> 8040 Doe Ave, Visalia	Tulare District Office <i>Training Room</i> 458 E O'Neal, Tulare	HR&D Annex 8am-12pm
	HR&D Annex 8am-5pm	HR&D Annex 8am-5pm	HR&D Annex 8am-5pm	
October 19	October 20	October 21	October 22	October 23
HR&D Annex 8am-5pm	Tulare Ag Building <i>Ag Commissioner Auditorium</i> 4437 S Laspina St, Tulare	Dinuba District Office <i>Jasmine Room</i> 1066 N Alta Ave, Dinuba	Tulare Works (VDO) <i>Almond Room A & B</i> 1845 N Dinuba Blvd, Visalia	HR&D Annex 8am-12pm
	HR&D Annex 8am-5pm	HR&D Annex 8am-5pm	HR&D Annex 8am-5pm	Open Enrollment Closes

Voluntary Products: To enroll, change or cancel a voluntary product, call Chimienti & Associates at (559) 733-1670 to schedule an appointment.



HUMAN RESOURCES
& DEVELOPMENT
TULARE COUNTY

“WEIGH 2 WIN CHALLENGE”

Sign-up: 9/7/15—10/5/15 Challenge Starts: 9/21/15 Challenge Ends: 12/13/15

15 Wellness Points Earned If Completed

(SJVIA Primary Subscribers Only)



The “Weigh 2 Win Challenge” is a twelve-week individual challenge that encourages safe, long-term weight management.

Your goal is weekly, gradual weight loss through healthy eating, exercise, and getting plenty of sleep.

How the challenge works:

Award yourself one point for reporting a weekly weigh-in. Award an additional point for maintained or lost weight during the week.

If possible, use the same scale for weigh-ins throughout the challenge.

You can track your weight in the notes section. This information is not visible, nor will it be shared with your employer.

Your goal: log your weekly weigh-ins and record at least 15 points by the end of the challenge to earn 15 wellness points towards your 200 point goal.

Program Goal:

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

Challenge Sign-up:

- Log on to your www.SJVIAWellnessWorks.com homepage
- Scroll down to the **Challenges** section
- Click **Go to Challenges** 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.SJVIAWellnessWorks.com
- Track your progress from the **Challenges** section of the homepage

Questions about this challenge or your wellness program?

Call 888-VIVERAE (848-3723).

Note: 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.





OFFICE OF THE DISTRICT ATTORNEY
COUNTY OF TULARE
TIM WARD, *DISTRICT ATTORNEY*

2015 JUSTICE RUN



NO EXCUSE FOR ABUSE

OCTOBER 24, 2015

5K RUN | 1 MILE WALK
GRANITE HILLS HIGH SCHOOL, PORTERVILLE