

Bathroom Banter!

Your private connection to wellness!



Join an Online Chat Session on Health!

- What: 30-minute live chat sessions on a variety of topics
- When: 3rd Wednesday of every month at 12:15 p.m. and 6:15 p.m.
- Who is eligible: All Civilian City employees and their household members
- Where: www.deeroaks.com, Username and password: cosa

March's topic (March 17, 2010):
“Homecoming, the Deployment Experience”

Hosted by Deer Oaks, the City's EAP

Wellness for Women

What: Day of Women's Education

Where: City Employee Health + Wellness Center, 1303 McCullough

Who: Female City employees & guests

When: Saturday, March 20, 2010 Enter to Win Prizes!

- 11:00 a.m. Cervical Cancer Presentation
- 12:00 p.m. Light Healthy Lunch
- 1:00 p.m. Pilates Demonstration (join in!)

City employees can call 921-2672 to schedule Women's Annual Exam (by appointment, 9:00 a.m. – 3:00 p.m.) Covered 100% on City's plan - bring your insurance card. 

Employee Wellness Rewards Deadline

The next deadline to submit a Rewards Request Form with completed eligible activities is on **March 15, 2010.**

Contributions to your Flexible Spending Account will be on April 1, 2010.



Submit your forms today!

Deadline for Submitting Receipts for 2009 Flexible Spending Accounts!

If you still have funds left in your 2009 health care or dependent care FSA, you have until **March 31, 2010** to submit receipts for eligible expenses you had in calendar year 2009!

Remember, this is YOUR money and if you don't use it, you lose it.

Run to the Beat 5k, Alamo Heights High School
March 6, 2010 8:30 a.m.
www.signmeup.com

In Search of Sportsfest Coordinators

The Sportsfest Committee is looking for City employees to volunteer to coordinate one or more athletic events for the 2010 Sportsfest season (June – August).

Contact: Jeanette Morin, 237-9870 or jeanette.morin@sanantonio.gov

March is Save Your Vision Month

Celebrate Save Your Vision Month by getting a vision screening! Also, practice helping your vision by following these tips.

- Nutrition makes a difference
- Protect your eyes from the sun
- Exercise
- Of course, don't smoke
- Have thorough eye exams



With the City's vision benefits plan, annual comprehensive eye exams are only a \$10 co-pay!



Vision screenings are Eligible for Wellness Rewards!

The groundwork of all happiness is good health.
-Leigh Hunt