



Your private connection to wellness!

# Bathroom Banter!

## Wellness Rewards Deadline

Don't miss out on the final deadline to submit your Rewards Request Form and documentation. There's still time to earn \$ for a few activities that are easy and quick.

-  -Schedule an annual physical.
-  -Schedule a preventive screening.
- Take the online health assessment.

Next Deadline – September 14<sup>th</sup>  
Contributions made to your FSA – October 1<sup>st</sup>

Find forms and information on the Wellness page of the HR website.

*"The ability to be in the present moment is a major component of mental wellness."*

*-Abraham Maslow*

### Recipe: Citrus Salad



Makes four 4 (2 cup servings), 206 calories each



1. Toss 6 cups mixed greens with 2 tbsp walnut oil, 2 cup grapefruit sections.
2. Divide into 4 plates.
3. Top each with 1 tbsp crumbled feta cheese and fresh mint.

A healthy lifestyle does not require a gym membership. Kick off your changes today by taking the stairs, playing ball, or biking to the store.

**Be Sun Safe!**  
Select a sunscreen with an SPF of 15 or higher.



## Quitting Tobacco for the Summer?

Call the City's  
**FREE QUITLINE**  
**866-784-8454**



For ALL full-time City employees, spouses and domestic partners!  
\*You may be eligible for no-cost nicotine gum or patches.

## Need to Build Self-Esteem?

Chat with trained counselors about this and other topics that are meaningful to you during monthly online chat sessions!

June 20, 12:15-12:45 pm or 6:00-6:30 pm

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

Username and password: **cosa**



Provided by the City's Employee Assistance Program, Deer Oaks EAP Services. If you are struggling with children, finances, or just want some practical advice on health or the mind-body connection, contact them 24 hours a day.

**210.615.8880** [eap@deeroaks.com](mailto:eap@deeroaks.com)

## Need to Meet with a Health Coach?

The City is excited to offer you two on-site UnitedHealthcare Health Coaches to support all full-time, civilian employees with reaching their wellness goals.

The Health Coaches can provide:

- Assistance with achieving weight loss of 15 lbs or greater
- Group or one-on-one coaching sessions
- Education about proper nutrition, exercise, tobacco cessation, and lifestyle management
- Assistance with developing personal and measurable health goals and plans for behavior change

Email **Karen Ochoa** at [Karen\\_Ochoa@uhc.com](mailto:Karen_Ochoa@uhc.com) or **James Williamson** at [James\\_Williamson@uhc.com](mailto:James_Williamson@uhc.com) to schedule an appointment.

This is an eligible activity towards "Complete three (3) sessions with the City's onsite Health Coach".



Contact us at [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov) or 207-WELL (9355)