



IT'S ABOUT YOU!

Bathroom Banter!

Your private connection to wellness!

Haven't Completed Your Health Assessment Yet?

No problem!

If you are a civilian employee enrolled in a City's civilian health plan, you have until **September 30th** to complete your Health Assessment found on myuhc.com to earn **\$100** to your HSA / FSA.

Don't forget that your **spouse/ certified domestic partner** who is also enrolled in the City's civilian health plan can also earn **\$100** by completing their own Health Assessment.

Don't wait – the sooner you complete it, the sooner you earn your reward!

Connect with over 3,200 COSA Civilian employees learning how fun and easy getting healthy can be!

Sign up for Virgin HealthMiles today to join in on a little healthy competition!



Register now at www.virginhealthmiles.com/login and select **Looking for how to join?** and enter "City of San Antonio"

Walk and Roll Rally

Main Plaza

Friday, May 3

8:00 – 9:00 a.m.

Walkers and bicyclists meet at the Office of Sustainability by 7:30 a.m. to walk as a group to Main Plaza and earn 100 HealthMiles!
Any questions call: Julia Diana 207-6321



Mark Your Calendar for June 4th

City of San Antonio has been challenged by the City of Chicago to compete in the 2013 Wellness Challenge.

Join us for a Challenge rally at Main Plaza. More info to come.

Preventative Care Services

Your medical benefits include coverage for preventative care services from network physicians and other health care professionals, to help you stay healthy and detect problems early.

The City covers your preventative care at 100% (no co-pay)

Some preventive care services include:

Routine well physicals, mammograms, prostate cancer screening, and many more.