

# BATHROOM BANTER

September 2015 (210) 207-WELL [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov)



## Important Date for Virgin Pulse Users with a Flexible Spending Account: September 13, 2015

Because all funds in your health care Flexible Spending Account (FSA) must be used for eligible expenses incurred on or before December 31 of each year, we want to make sure you have every opportunity to use your contributions (or earned incentive dollars). Remember that any unused health care FSA contributions in your account after December 31 will be forfeited.

For those of you participating in the **Virgin Pulse Program**, **September 13, 2015** is the cut-off date to earn Virgin Pulse rewards for your 2015 health care FSA. We'll keep track of the Virgin Pulse rewards you earn after September 13, 2015, and they'll be added to your health care FSA on January 29, 2016.

If you are on the Consumer Driven Health Plan and have a Health Savings Account (HSA), your contributions and rewards do roll over from year to year and this message does not apply to you.



**Flu Season** is right around the corner. Flu shots are the most effective method to protect against this virus and its related complications. Flu shots will be available at this year's Open Enrollment sessions at the Alamodome for CoSA employees and their dependents on one of the City's health plans.\* Stay tuned for details!

\*Health Insurance card must be presented to receive the flu shot.



## Stress Management Education Sessions

### YOGA with Gold's Gym

Hosted by a Gold's Gym instructor  
9/8, 11:30am-12:30pm @ Municipal Plaza

### "Check Change Control" FREE Lifestyle Management Program Open House

Hosted by the American Heart Association  
9/16, 11:00am-1:00pm @ Riverview Towers

### "Soothing Stress"

Presented by Jenny Cavazos, UHC Health Coach  
9/17, 6:30am-7:00am @ Northeast Service Center, Bld 1

Presented by James Williamson, UHC Health Coach  
9/22, 1:00pm-2:00pm @ Northeast Service Center, Bld 2

### "Stress, Hormones & Belly Fat—Debunking myths about weight loss, understanding hormone physiology & how food can be used to heal"

Presented by the Institute for Functional Health  
9/29, 11:30am-12:30pm @ Municipal Plaza

## Please Notice This



Health station log in credentials will be reset to the following:

**Username:** cosa + sap# (ex: cosa134981)

**Password:** cosa + last 4 of social (ex: cosa5555)

Should you have any questions or concerns, please contact the Employee Wellness Division at [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov) or by phone at 210-207-WELL.



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