

★ 2016 OPEN ENROLLMENT ★

OCTOBER 12-NOVEMBER 6

— WE'VE GOT YOU —



VISIT THE ALAMODOME ON THE FOLLOWING DAYS FOR ENROLLMENT ASSISTANCE:

October 19	1:00 p.m. - 5:00 p.m.
October 20	7:45 a.m. - 4:30 p.m.
October 21	7:45 a.m. - 4:30p.m.
October 26	7:45 a.m. - 4:30 p.m.
October 27	7:45 a.m. - 4:30 p.m.
October 28	7:45 a.m. - 4:30 p.m.
October 29	7:45 a.m. - 12:00 p.m.

OPEN ENROLLMENT CHECKLIST

- Log into ESS to review your 2015 health care benefits
- Enroll in your 2016 benefits thru ESS
- Watch the 2016 Open Enrollment video
- Confirm the selections on your 2016 benefits summary
- Review the 2016 Benefit Matters guide

OPEN ENROLLMENT WEBSITE
Scan the QR code using your smartphone or visit sanantonio.gov/openenrollment.
Message and data rates may apply.

FLU VACCINATIONS will be available at this year's Open Enrollment sessions at the Alamodome for CoSA employees on one of the City's health plans. Your **health insurance card must be presented to receive the flu shot.**



IT'S ABOUT YOU!
Be Informed. Get Active. Live Well.
City of San Antonio Employee Wellness Program

BATHROOM BANTER

October 2015 (210) 207-WELL wellness@sanantonio.gov



HALLOWEEN is right around the corner and of all the treats from this fun day can be a nightmare to your health efforts. It's alright to indulge with treats, just don't forget to practice moderation. Here is a little motivation for conscious indulging!

HALLOWEEN CANDY CALORIE SHOW DOWN

M&M's FUN SIZE M&M's 88 calories = 10 minutes of biking

Starburst FUN SIZE STARBURST 40 calories = 5 minutes of sit-ups

KitKat FUN SIZE KIT KAT 73 calories = 7 minutes of running

Snickers FUN SIZE SNICKERS 80 calories = 9 minutes of push-ups

Skittles FUN SIZE SKITTLES 80 calories = 7 minutes of jump rope

Nerds FUN SIZE NERDS 50 calories = 18 minutes of hatha yoga

October Education Sessions



"Smart Choices"
Presented by Rene Urteaga, UHC Health Coach
10/6, 11:30am-12:30pm @ Municipal Plaza, B Room

Presented by James Williamson, UHC Health Coach
10/15, 2:00pm-2:30pm @ Ron Darner, Enrique Barrera Room

"Check Change Control" FREE Lifestyle Management Program Registration & First Session on "Stress Management"
Hosted by the American Heart Association
10/7, 11:30am-12:30pm @ Riverview Towers, Habanero Room

- Employees will learn:**
- How to select & establish a relationship with a primary care physician
 - The importance of an annual physical & routine preventive care screenings
 - How to interpret health screening results
 - The key components of a healthy lifestyle

- **What is it?** FREE 4-month workshop that includes blood pressure tracking, educational sessions, & additional resources
- **Where will sessions be held?** Hosted at Riverview Towers from 11:30am-12:30 pm on the following dates: **10/7, 10/21, 11/4, 11/18, 12/2, 12/16, 2/6, 2/20**
- **How do I sign up for the program?** Attend the registration & 1st session on Wednesday, October 7th

Questions? Contact wellness@sanantonio.gov

Questions? Contact haley.amick@sanantonio.gov