

what's new?

Your Employee Wellness Program just got even more engaging! This January, stop by a “What’s New in Wellness 2017” Open House to speak with the wellness team and Blue Cross Blue Shield health coaches about our exciting migration to the Virgin Pulse 2.0 platform, plans for the 2017 City Manager’s 5K, health coaching through Blue Cross Blue Shield, and ask questions about the employee wellness program.

Attend an Open House to learn more:

January 10th

Northwest Service Center, Building 1, 7:15am-10:15am

Ron Darner, near the Operations Time Clock, 2pm-3pm

January 11th

Municipal Building, C-Room, 11:00am-1:00pm

January 12th

Ron Darner, Entrance Lobby, 1pm-3pm

January 17th

Southeast Service Center, Crew Quarters Entrance, 6:15am-9:30am

January 18th

Riverview Towers, Habanero Room, 11:00am-1:00pm

January 24th

Northeast Service Center, Main Assembly, 6:15am-9:15am

New and Improved! Virgin Pulse Program!

The new **Virgin Pulse 2.0** platform became fully accessible on Friday, **December 30th**. Be sure to check it out and reach out with any questions.



Virgin Pulse:
866-852-6898
support@virginpulse.com



BATHROOM BANTER



(210) 207-WELL
wellness@sanantonio.gov

Did you know that all active, full-time Civilian employees have access to a variety of health and wellness coaching resources through the City’s Employee Wellness Program? Whether you feel most comfortable connecting with a certified health coach online or telephonically, or would prefer meeting with your very own personal health coach in-person at a time and location convenient to you, we’ve got you covered.

Onsite Your Employee Wellness Team is excited to announce that free onsite individual and group health and wellness coaching services will continue to be available to all full-time, active Civilian employees through our new medical plan administrator – Blue Cross and Blue Shield of Texas, regardless of your insurance carrier. Whether you were engaged with a health coach in 2016 or would like to start your health and wellness journey in 2017, be sure to reach out to our newest BCBSTX onsite health coach Marissa Ryals at 207-9356 to get started today.



Online and Telephonic Certified health coaches offer employees on the City’s medical plan guidance on nutrition, fitness and stress management. You can interact with your coach by phone or via secure messages through your Well onTarget member portal, available at www.wellontarget.com. By registering for and accessing your Well on Target member portal you will also have access to a suite of innovative programs and tools including self-directed courses, a health and wellness library and more.

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