



BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov



Well onTarget offers personalized tools and resources to help you — no matter where you may be on the path to health and wellness.

BlueCross BlueShield of Texas **Well onTarget**

A New Way to Experience Wellness

Start experiencing the new wellness today. Go to wellontarget.com.



MEMBER WELLNESS PORTAL

The heart of Well onTarget is the member portal, available at wellontarget.com. It uses the latest technology to offer you an enhanced online experience. This engaging portal links you to a suite of innovative programs and tools.

- **Self-directed courses:** These courses let you work at your own pace to reach your health goals. Learn more about nutrition, fitness, losing weight, quitting smoking and managing stress. Track your progress and reach your milestones as you make your way through each lesson.
- **Health and wellness content:** The health library teaches and empowers through evidence-based, reader-friendly articles.
- **Tools and trackers:** These resources can help keep you on course while making wellness fun. Use a food and exercise diary, symptom checker and health trackers.

January is National Blood Donor Month



South Texas Blood & Tissue Center

Let us help in avoiding any shortages at one of City-sponsored blood drives. All regular, full-time and part-time employees are eligible to receive four (4) hours of Incentive Leave for donating blood at a City-sponsored blood drive. * Remember to obtain supervisory approval to schedule this time away from work.

- **1/4/18 7:30- 11 am, CCDO, 400 N. St. Mary's**
- **1/4/18 9am - 4 pm, Central Library, 600 Soledad, Auditorium**
- **1/6/18 11 am-2pm, JOHN IGO LIBRARY, 13330 KYLE SEALE PKWY, Parking lot**
- **1/10/18 6:30- 11 am, TCI, NWSC, 6798 CULEBRA , Parking lot**
- **1/12/18 8:30am - 4 pm, MUNICIPAL PLAZA, 115 W. COMMERCE, Mezzanine**



HAPPY NEW YEAR TOP EIGHT RESOLUTIONS

- losing weight
- exercising more
- becoming a better person
- improving health
- quitting smoking
- eating healthier
- spending less/saving more
- getting organized

education

Join the Employee Wellness team, BCBSTX Health Coaches, and the BCBSTX Onsite Representative to answer your questions regarding the wellness program, BCBSTX resources, and the City medical plan. Use this opportunity to learn more about what is offered from the City of San Antonio and how to get involved in your personal health and wellbeing.

- **Thursday, January 11th, 3-4:30pm, Riverview Towers, Habenero Room, 111 Soledad Street**
- **Tuesday, January 23rd, 11am-1pm, Municipal Plaza, Council Chambers, 114 W Commerce**
- **Tuesday, January 30th, 2-3:30pm, Ron Darner, Crew Quarters, 5800 Enrique Barrera Parkway**



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