

COSA Winter Holiday Challenge

DECEMBER 23 - JANUARY 3

Just because you'll be enjoying some time off while City offices are closed for the holidays, it doesn't mean you should take a holiday from making your health a priority. So, during this year's City winter holiday break get your team together and get moving to out step the competition and end the year strong!

Be sure to login to your Virgin Pulse account to join the challenge starting mid-December

COSAWell

Virgin Pulse

DEER OAKS EAP - TAKE THE HIGH ROAD

Deer Oaks reimburses EAP participants for their cab fares in the event that they are incapacitated due to impairment by a substance or extreme emotional condition.

This service is available once per year per participant with a maximum reimbursement of \$45.00 (excludes tip).

The process is simple, and like all other EAP services, confidential.

Just take a cab, Uber, or Lyft, then simply call the EAP Helpline at 1-866-327-2400 for instructions on how to submit your receipt for reimbursement. It may take up to 45 days for reimbursement.



Secretly Healthy Potato Soup

<https://houseofyumm.com/secretly-healthy-potato-soup/>



- 1 tablespoon extra virgin olive oil
- 1/2 cup diced yellow onion
- 2 cloves garlic minced
- 1 head cauliflower chopped
- 3 cups low sodium chicken stock
- 1 teaspoon salt
- 1 pound diced potatoes (approximately 2 medium size russet potatoes)
- Optional Toppings (cheese, bacon, chives)

- Add olive oil to a large pot and heat over medium heat. Add in onion and garlic. Stir and cook for ~3-5 minutes until soft.
- Add in cauliflower, chicken stock and salt.
- Bring to a boil and simmer for ~10 minutes, until cauliflower is soft and easily mashed.
- Using an immersion blender (or transferring over to a blender or food processor), blend until no lumps remain.
- Add in the diced potato (skin on or off optional)
- Cover and allow to simmer for about 15 minutes until the potatoes are soft and tender.
- Spoon into a bowl and top with any additional toppings you desire!

WELLNESS EDUCATION SESSIONS

Presented by *Airovsti*

Come learn about pre-shift warm-ups to keep you injury free this winter!

Northeast Service Center 10303 Tool Yard Building 1 12/2/2019 @ 6:30am	Southwest Service Center 6927 W. Commerce St. 12/3/2019 @ 6:30am	Southeast Service Center 1318 East Loop 410 12/5/2019 @ 6:30am
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RSVP at AskHR@sanantonio.gov



Meet *higi*

Check out the new Higi stations located at 9 COSA worksites and also available at HEB and Sams Club stores throughout the city!

Download the HIGI app and link with your Virgin Pulse account to earn points for using the machine!

Features: weight, blood pressure, BMI & body fat percentage!!

FIND THEM HERE:

- RIVERVIEW TOWERS
- MUNICIPAL BUILDING
- BROOKS CITY BASE
- RON DARNER
- CENTRAL LIBRARY
- PUBLIC SAFETY HQ
- NW SERVICE CENTER
- SE SERVICE CENTER
- SW SERVICE CENTER

