



VIRGIN PULSE
Important Announcement

Great news, the Virgin Pulse Program is still available to all full-time, Civilian employees for free!!

Although financial incentives tied to the program have been suspended for FY21, being healthy is now more important than ever. That is why we encourage you to prioritize your wellbeing by continuing to use the Virgin Pulse program to track your healthy behaviors and progress toward your wellness goals! And don't forget to take advantage of new program features that have been added to provide you with additional variety and support along the way.



VIRTUAL CM5K
Event Recap

Thank you to everyone who participated in the virtual edition of the CM5K! Check out some of the impressive stats from the event below:

Participants: 990
Avg. Player Step Count: 14,998
Total Step Count: 14,848,075
Total Miles: 7,424



DIY ROASTED PUMPKIN SEEDS

Be sure to save the pumpkin seeds from your Halloween jack-o'-lantern so you can make this crunchy, healthy snack.



Place rack in center of oven; preheat to 350 degrees F. Line a rimmed baking sheet with parchment paper or a nonstick baking mat.



Place seeds in bowl, drizzle with a healthy oil & stir to coat. Salt, stir & spread on a prepared baking sheet in even layer.



Bake the seeds, stirring once or twice, until toasted and golden brown, about 20 minutes. Then store airtight for up to 3 days. Enjoy!

WELLNESS WEBINAR

Oct. 20 1-2pm

Successful Money Management: Taking Control of Your Personal Finances

This training will guide you through the process of tracking your spending so that you understand how you currently spend money. You'll examine your obstacles to reaching your financial goals as you learn how to manage your debt and develop a personal strategy to take control of your finances.



SCAN QR CODE WITH A SMARTPHONE TO REGISTER

CANDY CALORIE COUNTS

See how your favorite Halloween candies stack up and be sure to monitor your intake. How do you plan on burning those extra (and delicious) calories?



80 cal



7 minutes of bike riding



60 cal



6 minutes of jumping rope



73 cal



13 minutes of lifting weights



110 cal



15 minutes of practicing yoga

OPEN ENROLLMENT

Oct. 5-23, 2020

Open Enrollment is right around the corner! This is the one time of year when you can make changes to your benefits w/o experiencing a Qualifying Life Event. Make sure your dependents have medical coverage in 2021 by enrolling them during open enrollment.



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