

CITY MANAGER'S
**STEP UP
 TO WELLNESS**
 5K WALK & RUN



As the City of San Antonio continues to focus on increasing an interest in wellness, not only among City of San Antonio employees, but among our entire community, the City Manager is pleased to announce that the 9th Annual City Manager's Step Up to Wellness 5K Walk/Run will again take place at **SeaWorld** on **February 27, 2016**. This event is open to the community.

Cost:

Employees: **FREE**

Family/Friends/Community Partners: **\$7**

Public: **\$15** (through February 15)

\$25 (February 16-26)

\$35 (day of event)

Cool Extra: You can purchase a SeaWorld San Antonio admission ticket with a picnic voucher for the reduced rate of **\$31.49+tax** (normally \$60). The discounted admission ticket and picnic voucher can be used only on February 27th.



Don't forget! Your new Virgin Pulse quarterly game format starts on January 1, 2016. Be sure to upload your steps on or before December 31, 2015 to get full credit for your current program.

Looking for extra ways to earn HealthMiles before the Quarterly Games start on January 1, 2016? Participate in the Sprint to the Finish Virgin Pulse Challenge which started on 11/16 and continues through 12/14 or volunteer at the City's **Rock 'n' Roll Marathon & ½ Marathon water station** on December 6th to boost you to the next level with up to 750 HealthMiles each!!

Questions?

Employee Wellness: 210-207-WELL **Virgin Pulse:** 866-852-6898
wellness@sanantonio.gov support@virginpulse.com

Join Today: join.virginpulse.com/cityofsanantonio



BATHROOM BANTER

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



what's new?

In Wellness 2016



Your Employee Wellness Program just got even more engaging! This December, stop by a **“What's New in Wellness 2016”** Open House to speak with the wellness team and United Healthcare health coaches about exciting updates to Virgin Pulse, the 2016 City Manager's 5K, health coaching, the Lose & Win group lifestyle management program, and ask any questions you may have about the employee wellness program.

Attend an Open House to learn more:

12/2, Riverview Towers, Habanero Room, 11am-1pm

12/3, Ron Darner, Enrique Barrera Room, 1pm-3pm

12/8, Northeast Service Center, Bldg1, 6:15am-9:15am

12/9, Municipal Plaza, C-Room, 11am-1pm

12/10, Southeast Service Center, Bldg 3, 2pm-6pm

12/15, Northwest Service Center, Bldg 1, 7:15am-11:15am

12/15, Ron Darner, Enrique Barrera Room, 1pm-3pm

Questions? Contact wellness@sanantonio.gov



Don't starve yourself. Before an occasion involving food, eat a piece of fruit, yogurt, or other light snack before you go to curb hunger so you don't binge when you're there.

Bring your own. Offer to bring an appetizer such as fresh veggies & low-fat dip, or ask to bring a healthy dish to serve at the meal. This way, you are assured there will be something healthy to eat.

Limit leftovers. Make your home a safe haven. Send your guests home with the high-calorie leftovers if you have entertained.

Make smart substitutions. Make holiday favorite dishes healthier, such as using one percent/skim milk instead of whole milk/cream.

Choose beverages wisely. Limit alcohol high in calories. Liquors, sweet wines & mixed drinks contain 150-450 calories per glass.

Maintain perspective. A single day of overeating won't make or break your eating plan. It takes days of overeating to gain weight. If you overindulge at a holiday meal, put it behind you. Return to your usual eating plan the next day, and leave your guilt behind.

This Holiday Season, Take the High Road

Take a Cab, Uber, or Lyft and send the Bill to EAP! Deer Oaks remains concerned about the safety of its EAP participants and others. As part of this goal, Deer Oaks reimburses eligible employees and their dependents for cab fare in the event that they are incapacitated due to impairment by a substance or extreme emotional condition.

The process is simple, and like all other EAP services, confidential. Simply call the EAP Helpline for instructions on how to submit your receipt. It may take up to 45 days for reimbursement.

This service covers cab fares up to \$45.00 and does not include tip. Ask Wellness for additional information regarding other access limitations for your organization.

