



2023

Wellness Information Guide for Chula Vista Educators

Message from the Wellness Team

Here in CVESD we believe not only our students, but also our employees are individuals of great worth. Our VISION for employee wellness is to ensure mental and physical well-being for all CVESD personnel. Through programs, policies, benefits, and environmental supports, employee wellness will:

- Improve employee health and well-being
- Empower employees with health awareness and lifestyle skills that enhance the quality of life for all District personnel
- Positively affect employee morale and job satisfaction
- Optimize performance and productivity in order to contribute to the Mission of CVESD

This Wellness Benefits Information Guide provides employees information about wellness benefits that are available to CVESD employees. Please explore this guide to learn more about your wellness benefits. We look forward to providing you with as many resources as possible to support you along your wellness journey.



Employee Wellness

A healthier you starts here – mind and body!



Why Wellness?

Healthy, active lifestyles can help reduce the risk of chronic disease and may lower your annual healthcare costs. We care about your total well-being and encourage all employees to engage in our wellness resources at no-cost.

CVESD Wellness Program

Altitude Newsletters & Monthly Challenges

Sponsored by MMA, the Altitude Newsletters and Monthly Challenges are intended to raise awareness, provide educational activities, and offer tools and resources you can apply immediately to improve your health and well-being. These resources cover a wide range of topics to help you reach your total health potential. Topics include physical activity, nutrition, financial wellness, family and community connections, stress management, and more. MMA partnered with Motion Connected to allow employees access to a mobile app, device connectivity, activity trackers, Spanish capabilities and more.

By voluntarily participating and successfully completing Monthly Challenges, you become eligible to win great prizes sponsored by MMA that total over \$1,000 per month in value. Prizes may include Apple Watches, GoPro's, iPads, activity trackers, bikes, massagers, Vitamix's, air fryers and more!

To get started with MMA's monthly challenges, you will need to download the Motion Connected app and register with your CVESD-specific activation code (873-12AF4-224) to get started. There are employee-facing communications to create an account with Motion Connected that links the participant to their company specific profile on Motion Connected. Please contact your MMA service team for more information.

The MMA Total Health Monthly Newsletter provides general health information on a range of topics from credible resources. The newsletters can be shared digitally and/or printed. They are intended to compliment the MMA challenge topic, with additional information to deliver a cohesive message.

Headspace

Headspace provides a free version of their app to all public school district employees, Headspace of Educators. Employees have access to guided meditations to help with stress, anxiety, sleep troubles, and more! Click on the following link, [Headspace for Educators](#) and create an account using your K12 email address. The free version provides services for employees only and does not include dependents.



Kaiser Member Resources



KAISER PERMANENTE®

Wellness Support

Wellness Resources

With Kaiser's wellness resources, you will get tools, tips, and information to help you create positive changes in your life. Our complimentary resources can help you lose weight, eat healthier, quit smoking, reduce stress, and manage ongoing conditions like diabetes or depression. Visit <http://kp.org/health-wellness> to learn more.

Wellness Coaching

Kaiser also offers Wellness Coaching by phone, at no extra cost. You can work one-on-one with your personal coach to make a plan to help you reach your health goals. Get started at <http://kp.org/wellnesscoach>.

Healthy Lifestyle Programs

Promote employee wellness with targeted lifestyle programs

Kaiser members can participate in healthy lifestyle online programs at no cost. Make good health a part of your daily habits with our free healthy lifestyle programs.* These personalized, online programs can help you create an action plan to reach your health goals. Based on your Total Health Assessment results, you'll find advice, encouragement, and tools that can help you make healthier lifestyle choices. Topics include:

- Eating healthy
- Losing weight
- Moving more
- Sleeping better
- Reducing stress
- Quitting smoking

Visit us to learn more: kp.org/healthylifestyles.

Employees are also invited to take a Total Health Assessment and learn about health and lifestyle risks such as smoking and lack of exercise. With this confidential, no-cost resource, you will answer some simple questions about your diet, exercise, and other health habits. After that, you will get a personalized health summary to help them set and reach their health goals. To take the Total Health Assessment, visit kp.org/tha.


Center for Healthy Living

We bring easy-to-understand health information to you

The Center for Healthy Living is a Kaiser Permanente Southern California department specializing in evidence-based, clinically effective lifestyle and health behavior change programs and services. Our programs are focused on wellness, positive lifestyle change, and health improvement. These resources are designed to guide and support every life stage of our Kaiser Permanente members in a variety of convenient ways. The Center for Healthy Living is here for you – in person, by phone or text, and online. Visit us at kp.org/centerforhealthyliving.

Active & Fit Direct

Discounted Gym Memberships

 Through Kaiser, choose from over 10,000 participating fitness centers nationwide for a much lower cost than you would pay on your own. Use the online fitness-tracking feature, which uses a variety of wearable devices and apps. You pay only \$25 a month (plus \$25 enrollment fee and taxes). Learn more at kp.org/choosehealthy. To confirm eligibility, please call Member Services at 800-443-0815.



Self-care Platforms

Calm

Through Kaiser, you and your enrolled dependents can access the Calm app at no cost. Calm uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone. To get started, go to kp.org/selfcareapps where you can download the Calm app at no cost, once you have logged in as a Kaiser member.



MyStrength

Through Kaiser, you and your enrolled dependents can access myStrength at no cost. MyStrength personalized programs including interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work towards them in ways that work for you – by making positive changes to support your mental, emotional, and overall well-being. To get started, go to kp.org/selfcareapps where you can download the MyStrength app at no cost, once you have logged in as a Kaiser member.



Ginger

Kaiser members can get access to 1-on-1 emotional support coaching and self-care activities to help with many common challenges. Coaches are available 24/7 and you can use Ginger's text-based coaching services, no referral needed. Visit kp.org/selfcareapps and sign in before making a Ginger account. After signing in, Kaiser members can set up a Ginger account at no additional cost.



ClassPass

Kaiser members can get access to over 4,000 online fitness classes – including cardio, dance, meditation, boot camp, and more – for \$0/month. In addition, members get a free trial plus a 20% discount on in-person fitness classes. Get started at kp.org/exercise.



UnitedHealthcare Member Resources

Rally



Your journey to a healthier lifestyle begins here

Rally® is designed to help you take charge of your health by **putting your benefits and resources in one place**. Hitting your goals can be fun with personalized recommendations, as well as missions and challenges that may help make getting healthier more enjoyable. Plus, you can earn rewards along the way. Visit myuhc.com/healthresources-rally for more information.

1. **Register and create your Rally profile.** If you're a first-time user, create a username that's fun and memorable — but not your real name — and choose an avatar. If you're already a member, simply sign in.
2. **Take the Health Survey.** The Health Survey is designed to help you assess your overall health. You may use the results to help set your health goals.
3. **Get personalized recommendations.** Based on your Health Survey results, you'll receive personalized recommendations to help you live a healthier lifestyle — including well-being programs, everyday activities called missions and more.
4. **Choose healthy activities to hit your goals.** Take your pick of a wide variety of missions designed to help improve your fitness, diet and mood. Compete in challenges against friends or other members — or go for a personal best.
5. **Get rewarded for healthy actions.** Take healthy actions to achieve your goals and earn Rally Coins, which are redeemable for a variety of rewards.
6. **Dive into communities.** Interact with other members in a positive, friendly environment to get tips, motivation and support on everything from diet and fitness, to sleep, back pain and even relationships.

Apple Fitness+

The first fitness service provided by Apple Watch



UnitedHealthcare has added **12 months of Apple Fitness+** to your health plan – at no additional cost. Get ready for a different type of fitness experience with welcoming trainers who work hard to help bring out the best in you.

Your journey to a healthier body and mind starts here. Apple Fitness+ brings to life real-time fitness metrics from Apple Watch to your iPhone, iPad and Apple TV— and helps keep you motivated with:

- 11 workout types, ranging from HIIT to core to yoga
- New workouts added every week, lasting from 5 to 45 minutes
- Handpicked music from your favorite artists to help keep you going
- A subscription that can be shared with up to 5 family members

Get started at <https://www.uhc.com/apple-fitness-plus>.



One Pass

A flexible approach to fitness memberships

One Pass is a single membership that gives you **access to a nationwide network of fitness locations**. No matter what your fitness goals are, One Pass is designed with flexibility in mind to help meet your needs. To get started:



Choose the membership for your budget. There are several membership tiers to choose from — starting at just \$25 per month — so you can select the one that best fits your needs. You can even change tiers monthly.



Visit any fitness location within your membership tier.

Enjoy multi-location access to gyms and studios anywhere in the country.



Create your fitness routine.

Explore a variety of group classes and workouts that match your interests.

One Pass is available to eligible members as part of your Rally® experience. Visit myuhc.com/joinonepass to access One Pass.

Peloton



Stronger with the Peloton App

UHC health plan benefits include a **1-year Peloton Digital Membership** — which gives you access to the Peloton® App — available to you at no additional cost. Start your membership today for access to everything the Peloton App offers, including thousands of live and on-demand fitness classes — from cardio and HIIT to strength training and yoga. Visit myuhc.com/peloton to get started.

The Peloton App gives you:



Access to thousands of fitness classes. There's something for nearly every fitness interest, ability and schedule — from 5-minute meditation to 60-minute outdoor running classes.



The flexibility to get active anytime, anywhere. The app is available on mobile devices, Apple TV, Android TV, Amazon Fire TV and Roku devices — and no fitness equipment is required.



Ways to help you have fun and stay motivated. Enjoy the app's many features, training programs and challenges, all designed to help you track your progress and stay motivated.



Self-care Platform

Sanvello

Through UnitedHealthcare's behavioral health benefits plan, you and your enrolled dependents can access Sanvello, which is an app with clinical techniques to help dial down symptoms of stress, anxiety and depression. Connect with powerful tools that are there for you right as symptoms arise. Stay engaged with daily mood tracking, access coping and guided journeys, track your progress, and much more. To get started, download the Sanvello app on the Apple Store or Google Play or learn more on sanvello.app.link/UHCHoliday.



tools



VEBA Resources



Optum



Your Behavioral Health benefit

VEBA members have free, confidential access to all of Optum's services, including **professional care, self-help programs and personalized assistance**. Visit liveandworkwell.com (access code: VEBA) or call 888-625-4809.

- Get personalized assistance for the big events in your life.
- Request information, resources or referrals to help balance work and personal needs.
- Get answers to questions about stress, anxiety and other conditions.
- Find childcare resources, eldercare services and much more.

In addition, Optum offers access to Talkspace, where you can reach out to a **licensed, in-network Employee Assistance Program Provider**, 24/7.

With TalkSpace you can:

- Access Talkspace anytime, anywhere.
- Find an EAP provider with an online matching tool.
- Start therapy within hours of choosing your EAP provider.
- Message your EAP provider whenever — no appointments necessary.
- Get messages back throughout the day, five days a week.
- Choose real-time face-to-face video visits by appointment, when needed. EAP provides up to 5 sessions either in person or virtually for each issue.



To get started, call your Employee Assistance Program at 888.625.4809 to obtain an authorization code prior to registering (first visit only), choose a provider, and message anywhere, anytime. You can also visit talkspace.com/connect.

Virtual VEBA Resource Center

Personal resources designed to help you achieve your well-being goals.

The VEBA Resource Center is here to support you as you define your path to well-being. We understand everyone has unique needs and we are here to help you every step of your journey.

- **Movement** - The VRC offers over 200 monthly classes, programs, and events online for members to access from the comfort of their own home. From yoga and cardio, to strength training and more, we'll help you get moving!
- **Stress Management** - Members have access to services such as acupuncture and acupressure, meditation sessions and group counseling to help members learn how to manage their stress.
- **Cooking & Nutrition** - The VRC offers nutrition counseling and cooking classes tailored to meet a members individual needs.
- **Personal & Professional Development** - At the VRC, we want to help our members become the best versions of themselves! This includes personal and professional development support such as coaching and financial literacy classes and workshops.
- **Advocacy** - The VEBA Advocacy Department helps members resolve issues with their insurance carrier or health care providers.
- **Care Navigation** - Care Navigators are holistic nurses who work one on one with members to build personalized well-being plans. Working with a Care Navigator includes:
 - A health and well-being assessment
 - A customized health and well-being plan
 - Help finding resources
 - Support and encouragement
 - Follow up appointments to monitor progress

Please visit <https://vebaresourcecenter.com> to view and register for online and in person classes.

