



SJVIA Wellness Activities Update – May 4 Board Meeting

- Health Trails Challenge - The SJVIA launched the on-line challenge, Health Trails, on October 16, 2017. Participants were encouraged to track their minutes of exercise, servings of fruits and vegetables and water consumption for 6 weeks. There were 746 SJVIA members (552 from COF and 194 from COT) who registered for the challenge, with 323 of the registered participants successfully completing the challenge (logging 300 miles). Each SJVIA member who successfully completed the challenge earned a \$25 gift card. In total, SJVIA members logged 188,096 miles of activity during the challenge.
- SJVIA Pre-65 Retiree Wellness Program Interest Survey - The SJVIA administered a wellness program interest survey for the pre-65 population in February. There were 24 respondents to the survey.
- Discount to Gym Memberships (Planet Fitness) - The SJVIA has partnered with Planet Fitness to offer discounts to gym memberships for Fresno and Tulare County employees and early retirees. In total, there are 9 different area Planet Fitness locations SJVIA members have access to. SJVIA members can join Planet Fitness for a \$5 initiation fee, and \$10 per month.
- Mobile Mammography Screenings – Fresno County administered screenings on February 13 & 15, and March 13. A total of 48 Fresno County employees were screened over the three dates. Follow-up aggregate reporting will be provided to the SJVIA. Tulare County has secured screening dates for the fall: September 27, and November 5, 6, 7, 8, 13 & 14.
- Walking Works! Challenge – The SJVIA administered another successful installment of the challenge between April 23 – 27, 2018. SJVIA members were provided pedometers and encouraged to track their steps on-line each day. Participants were entered into raffle drawings for each day they successfully logged steps. Prizes donated by the carriers/vendors included bikes, Fitbits, bluetooth speakers, sunglasses, hydro flasks, gym bags and more (see attached flyers). A press release was issued promoting the Challenge (attached). Statistics for the 2018 challenge will be shared once available, and trophies will be awarded for the highest percentage of registered participants, and the highest average steps.

FRESNO COUNTY EMPLOYEES YOU DECIDE!



get this  deal

**\$5 DOWN
\$10 A MONTH**

no commitment

- Free fitness training*
- A pressure-free, lunk-free atmosphere
- Clean, comfortable environment
- Tons of cardio and strength equipment
- You get a new t-shirt too! (participation may vary)

JOIN NOW

Use promo code PLANET to join

Home Club only. Billed monthly to a checking account. \$5 start up fee. Subject to \$39 annual membership fee. * Included with membership.

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PF Black Card[®] perks for just

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9 Fresno Area Locations!





Walking Works!

2018 Walking Works! Challenge Rewards Flyer

April 23 - 27, 2018

- Challenge begins **April 23rd**!
- All employees can participate!
- It's easy and fun!
- Raffle prizes for participants who log steps (Bluetooth Speakers, Fitbits, Gift Cards, Designer Sunglasses, and MORE!!)
- Help your department win!
- Help the County of Fresno win!
- Start walking and report daily!
- Register to receive a FREE Pedometer!
- Contact your department representative to receive your free pedometer and learn more about this exciting event.

Prizes Available

Bikes



Fitbits



Nike Sunglasses



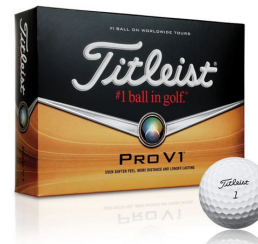
Bose Bluetooth Speakers



Hydroflasks



Dozen Titleist Golf Balls



Cross Pens



Crest Whitening Kits



Help County of Fresno
keep the participation
trophy!





Walking Works!

2018 Walking Works! Challenge Rewards Flyer

April 23 - 27, 2018

Join us for our 7th Annual Walking Works! Challenge

- Challenge begins on **April 23th**!
- All employees are eligible to participate
- It's easy and fun!
- Raffle Prizes for Participants who log steps
- Help your department win!
- Help the County of Tulare win!
- **Register** to receive a FREE pedometer!
- Pedometers will be distributed in your department the week of *April 16th*.

Prizes Available

Bikes



Fitbits



Bose Bluetooth Speakers



Hydroflasks



Nike
Sunglasses



Crest
Whitening Kits



Help County of Tulare
reclaim the
participation trophy!



Sports Duffel Bag





For Immediate Release



PRESS RELEASE

Contact: Rhonda Sjostrom, (559) 636-4900 or Paul Nerland, (559) 600-1810

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Public Employees Walk This Way in April

County and city employees throughout the valley will be hitting the pavement next week participating in the seventh annual **Walking Works! Challenge**. A coalition of public agency employees who are part of the San Joaquin Valley Insurance Authority (SJVIA) are competing in the walking wellness event, the week of April 23rd-27th. The SJVIA purchased 2,000 pedometers which have been distributed to the employees who will participate in the Walking Works! Challenge. The pedometers will be used by the participants to quantify steps each day, and the employees are encouraged to track their steps on-line.

Employees are competing within their own county as well as against the other entities in a friendly competition.

SJVIA President and Tulare County Supervisor Pete Vander Poel proclaimed "The SJVIA is excited to present a friendly competition to its member agencies. This is a great opportunity to challenge fellow employees, represent your jurisdiction, and improve your own health. I hope participation continues to increase this year as it has in previous years. Good luck to all!"

The SJVIA Board of Directors approved the Walking Works! Challenge as a way to promote wellness for its members, and do their part to keep overall medical costs down for each entity. Wellness programs can help prevent costly illnesses early by providing screening exams, online tools, information, and activities that encourage healthy behaviors. "One of the goals of the Walking Works Challenge is to encourage exercise and healthy living beyond the one week competition" notes SJVIA Vice President and Fresno County Supervisor Brian Pacheco.

The SJVIA was formed in 2009 for the purpose of achieving greater critical mass for health insurance volume purchasing by public entities and reducing administrative costs. Collaboration in purchasing health insurance and wellness efforts have proven to be a successful model for County of Tulare, County of Fresno and City of Marysville.

