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Consultant's Report on Publicly Available Wellness Resources for the SJVIA

Although the SJVIA health insurance carriers offer various wellness resources, there are also additional resources available to the public through various organizations, often times at no cost.

Below is a list of some resources that the SJVIA could consider integrating into their wellness efforts. Resources include speakers, virtual events, videos, educational materials, and website content that can be shared with employees to promote a variety of health-related topics. Staff can pull from these resources to integrate wellness messaging in the SJVIA's existing communications program.

- **American Heart Association (AHA)** – The AHA offers educational video series and website content on various health-related topics (stress management, healthy habits, losing weight, etc.) that can be shared with employees, and can provide speakers to conduct presentations on heart disease prevention and management. For more information on health topics available through the AHA website, visit www.heart.org and click on the Healthy Living tab. To contact your local office and schedule a presentation, call (559)-650-4010, extension 0.
- **American Diabetes Association (ADA)** – The ADA offers virtual events and educational materials that can be shared with employees, has useful website content, and offers speakers to conduct presentations for groups. To request a speaker, connect to the local team that serves your area by dialing 1-888-342-2383. If you are not able to connect with anyone directly, please push option number "4" to leave a voicemail. Literature can be found in its Patient Education Library under the Clinical Corner tab of the ADA website at www.diabetes.org. Register for a free account to access the information.
- **National Institute of Health (NIH)** – The NIH has a website offers Wellness Toolkits, under the Health Information tab, that address the topics of Your Surroundings, Your Feelings, Your Body, Your Relationships, and Your Disease Defense. You can find these and more information at www.nih.gov.
- **National Heart, Lung, and Blood Institute (NHLBI)** – The NHLBI is one of several institutes making up the National Institutes of Health (NIH). On its Education and Awareness page (under Health Topics), is a list of various programs and resources available related to Heart, Lung, Blood, Sleep, and others that can be shared. Also, presenters on these topics can be scheduled to address groups by making a request at nhlbiinfo@nhlbi.nih.gov.
- **Centers for Disease Control and Prevention (CDC)** – Aside from offering a website with a wealth of information on health data and information, the CDC has experts that can speak on a variety of health topics through their Speakers Bureau. More information can be found at www.cdc.gov/about/speakers.
- **Department of Health and Human Services (HHS)** – The HHS offers information on a variety of health topics on its Prevention and Wellness page, under the Programs and Services tab of its website at www.hhs.gov.
- **Office of Disease Prevention and Health Promotion** – A part of HHS, this agency's website can be accessed at www.health.gov and has campaign information, tools, and resources that can be found on the Nutrition and Physical Activity page, which is found under the Our Work tab.

This is just a sampling of available resources. If interested, more research can be performed to identify additional resources.