

September 1, 2010

TO: All SCCOE Staff
FROM: Dr. Charles Weis, County Superintendent of Schools
SUBJECT: Our Vitality

Hello everyone,

I wanted to make sure you are aware of an important new program we're launching here at the County Office. You may have seen some signs posted about it, read the notices in our email "News Roundup," or stopped by a recent informational meeting. Also, you should soon receive – if you haven't already – a postcard with some information.

I'm talking about "Vitality." It's an employee wellness program that we are officially launching this month as part of our commitment to developing a healthier staff. If we can improve our overall health, there's an obvious benefit: We'll mitigate our ever-rising health care costs.

But it goes beyond that. In so many ways, the health of our employees and the health of this organization are interdependent. When employees are healthy, they are AT work, they are ENGAGED in work, and they take more SATISFACTION in their work.

And it's not just work lives that we aim to improve. When you are healthy, your overall level of happiness and contentment – at work and at home – is much higher. This all goes toward supporting our Goal 5: *The SCCOE will be the premier employer in Santa Clara County with an organizational culture that supports employee success.*

I strongly encourage you to participate in this program. It's easy to do. You start off by taking an online Health Risk Assessment questionnaire, at www.powerofvitality.com. (We'll have paper copies for those who can't do it online.)

The assessment is designed to help you identify your health and lifestyle risk factors, as well as areas you can focus on to improve your well-being. Anyone can participate – the program is designed to benefit every age, every type, and every level of condition.

When you complete the assessment, you receive a "pathway to health" report, which identifies personalized goals for greater wellness. Completing healthy activities enables you to earn "Vitality Bucks," redeemable at the Vitality Mall.

Your information is kept completely confidential. No reports or records are made of anyone's individual information.

To further support our health and fitness, we are planning to make improvements in the Fitness Center at Ridder Park, as well as offering subsidies and rebates for Vitality participants who join outside fitness centers.

I'm fired up about this program – for staff, and for myself. For more information about Vitality, or just on general wellness issues, please contact our new Employee Wellness Coordinator [Tricia Zamora](#) (extension 3616).

You'll be hearing more about Vitality in the coming weeks. Thanks for reading; see you at the Vitality Mall.

--Chuck