

**A HEALTHIER  
TOMORROW  
STARTS  
TODAY**

# SCCOE WORKPLACE WELLNESS

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- **Vitality Computer Labs:** Learn to navigate the website this month.
- **Wellness Talk: The Secret to Increasing Energy, Work Performance, and Happiness.**

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## Welcome to year two of *Vitality*

**C**ongratulations SCCOE on a successful first year with the Vitality program. As of August 2011, Vitality reports that nearly 33 percent of staff are registered and engaged in at least one healthy activity.

### What to do in year two?

#### NEW MEMBERS

- **REGISTER** at [www.powerofvitality.com](http://www.powerofvitality.com)

#### **Important note:**

Though you will be prompted to use the last four digits of your SSN, instead use the **last four digits of your employee ID.** That number can be found on the upper left hand corner of your paystub in the SSN field.

- **COMPLETE** the HRA. This confidential health questionnaire will recommend health goals when completed.
- **PARTICIPATE** in

healthy activities to earn Vitality Points.

#### RETURNING MEMBERS

As you enter the new Vitality program year, please keep a few things in mind.

#### HEALTH RISK ASSESSMENT

1. You must update and complete the HRA for your membership to remain active and to receive a set of goals for this program year.




#### Vitality Status

2. After updating the HRA, you will revert to the Vitality status that you earned in the previous year. However, to keep the status for the third year, you must continue to complete activities that earn you enough points to reach the same status or higher.

3. You will also be credited with additional **Carryover Vitality Points** to help you achieve the same Vitality status or higher in the current year. Your **Carryover Vitality Points** are equivalent to 10 percent of the Vitality Points you earned in the previous year.

#### Healthy Activities

4. The activities you completed last year, except the Vitality Check, have reset for the new program year. This means that you may once again complete activities such as the prevention activities, online health tools, etc. to earn Vitality Points.

Brought to you by 



**Staff who complete the HRA between Sept. 1-Oct. 30 earn a chance to win a two-night stay at the Hyatt Regency, a Fitbug and more!**



## The *Vitality* website: A fresh new face

### This Month:

#### Vitality Computer Labs

Get step-by-step instruction with registration, the HRA, earning points, subsidies, rebates and more (*find registration details at the bottom of this page*)

#### Two classes offered:

- **Registering for Vitality**  
Sept. 7, 22 - Great for new members, but all are welcome
- **Navigating Vitality**  
Sept. 8, 14 - Great for updating the HRA and navigating the new site

**12:00—12:45 p.m.**  
Cisco Computer Lab,  
First floor north, Ridder Park

Starting this month, the Vitality website will have a new look with improved functionality.

Here is a sneak peek at the changes.



#### New Tabs

The current blue Plan/Engage/Enjoy tabs are replaced with:

- **My Profile:** Find health results from the HRA, recommended health goals, and activities in this section.
- **Get Healthy:** Learn about activities designed to help prevent or manage disease, keep you fit, and improve overall well-being.
- **Get Educated:** Members can take online courses and use calculator tools as

well as tailored campaigns that cover a variety of health topics.

#### • **Get Rewarded:**

Members can shop the Vitality Mall, and learn about monthly jackpot prizes and wellness rebates.

#### Easy Way to Submit Forms

This allows members to send forms directly from the portal, eliminating the need to download or print forms. Go to HOME > FORM SUBMISSION to find the drop-down menu and attach your supporting documents.

#### Vitality ID Number

Your ID is now located in large font on the front page of your portal.

## New ways to earn points for workouts

Members enjoy earning Points for tracking activities and submitting the data to Vitality is simple and easy. Here are some exciting new ways to get rewarded for your workouts this year.

#### SCCOE-Healthy Steps Walking Program is linked to Vitality

Earn 350 Vitality Points when you and your coworkers team up to complete ten 30-minute walking workouts. Member details for the SCCOE Walking Group Program are downloadable at

[www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)

#### Coming Soon! New partner gyms

Vitality's Partner gyms selection is expanding. Check the website for details.

Partner gyms offer money subsidies and automatic tracking. Points are automatically banked when you go to the gym. This is truly one of the most appreciated Vitality benefits. For more information, go to **Get Healthy > Fitness and Exercise > Partner Gyms**

#### Coming Soon! New FREE app!

The *mapmyfitness* app is a new way to earn points when you walk, bike and run outdoors. The app runs on iPhone, Droid and Blackberry phones.

### September Wellness Talk: The Secret to Increasing Energy, Work Performance, and Happiness

**Thursday, Sept. 15 3:30- 4:15 p.m.**

**Saratoga Rm./Webcast**

Ashley Selman, Owner of Evolution Trainers, will discuss how to:

- Change your mindset so you can enjoy exercise
- Avoid time-wasting activities in the gym
- Get an effective workout in 30 minutes  
(find registration information below)

Visit [www.sccoe.org](http://www.sccoe.org), click [professional development calendar](#) and search by date for registration and details for the Vitality Computer Labs or September Wellness Talk, or contact Tricia Zamora at (408) 453-3616 or [tricia\\_zamora@sccoe.org](mailto:tricia_zamora@sccoe.org)