

2025–26 Wellness Works Here Coordinator Training

September 18, 2025

WELLNESS PLAN YEAR

October 2025 - August 2026

Wellness Challenges

In Person Events

Webinars

Newsletter

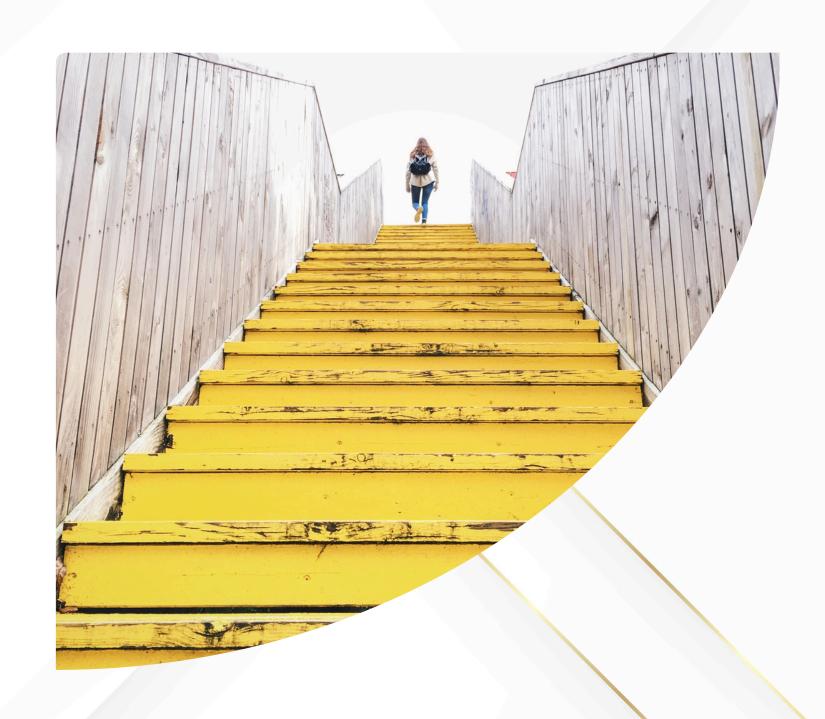
EAP Program

Coordinator Role

WELLNESS CHALLENGES

EARN REWARDS AND WIN PRIZES

- Five Separate Challenges
- Wellable Platform
- Auto-Enrolled into Challenges
- Prizes Structure





FITNESS & NUTRITION FUNDAMENTALS CHALLENGE



REI DAY PACK
10 Raffle Winners
250K Points





YETI ROADIE COOLER
3 Raffle Winners
450K Points



CHALLENGE DATES: OCT 1 - NOV 21

Prize: Fitness Shaker Cup Goal: 250K Points



JOIN THE CHALLENGE

link.sbcounty.gov/wellness

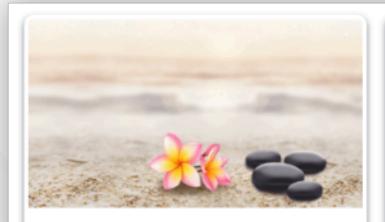
app.wellable.co/sbcounty

Prizes available while supplies last and may change. Subject to IRC tax codes. Actual prizes are <u>not</u> pictured. For more details, visit link.sbcounty.gov/wellness.



Human Resources

WELLNESS IN-PERSON EVENTS



Flourish Health and Wellness Fair

Support and Resources to Help You Flourish — Inside and Out

Learn More >



Benefits Pop-Up Tour

Bringing Benefits To You One Stop at a Time

Learn More >



Financially Well Experience

Empowering You to Spend Smart, Save Strong and Stress Less

Learn More >



Kaiser Mobile Health Vehicle

Your Health on Wheels— Kaiser Brings Care to ALL County Employees

Learn More >



Flu Shot Clinics

Protect Your Health with Flu Vaccines at Convenient Locations Near You

Learn More >



Free Popsicles

employees!

for the first 200

2025-26 WELLNESS KICKOFF EVENT

THURSDAY, SEPTEMBER 25 | 11:30 AM - 1:30 PM

HR Parking Lot | 175 W 5th St, San Bernardino

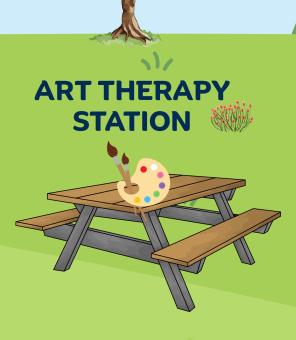














SAN BERNARDINO COUNTY

Human Resources



Free Lattes for the first 200 employees!



WELLNESS WEBINARS

- 70+ Webinars This Year
- 500 Wellable Points
- Gift Raffle Each Webinar

Countywide Wellness Launch Webinar

- Wednesday, September 24 at 12 PM
- All attendees are entered to win Beats Earbuds
- Join 5 webinars by November 30 for a chance to win a GoPro Hero 10



Wellness Tips

Clean Living: Ditch the Fragrance 🚫

Unless your candles, shampoo, or body sprays are scented with only essential oils, they likely contain synthetic fragrance, a major trigger for headaches, hormone and fertility disruption, respiratory issues, and many chronic illnesses.

Choose unscented, or naturally scented, products to make one of the most powerful upgrades to your health.

Resources

Kaiser Permanente

One Pass Select Affinity

- Nationwide gym & fitness
- · Live & on-demand workouts
- · Personalized workout plan
- Healthy grocery delivery

Webinars

October Lineup

- 1st Clean Living Pt. 1
- 2nd Strength Train at your
- 7th PerkSpot
- 8th Clean Living Pt. 2
- 9th Find Your Joy
- 16th Energizing Cardio
- 21st Clean Living Pt. 3
- 23rd Fitness Your Way 28th - BSC Teladoc
- 29th No Gym, No Problem
- **30th** Preparing Healthy Meals & Dining Out

Upcoming Events

October 15

Kaiser Mobile Health Vehicle & Wellness Booth TAD Hesperia

October 22

Benefits Pop-Up Tour DCSS Loma Linda

Local Gems

Oak Glen Apple Days

Experience the charm of fall with a visit to Oak Glen, known for its scenic trails, and vibrant foliage. October is peak season for apple picking at Los Rios Rancho.

Spend the day picking apples, sipping freshpressed cider, enjoying homemade pies, and exploring fun activities like hayrides, a petting zoo, and live music. It's a perfect weekend wellness escape that blends nature, movement, and seasonal

Learn more:

losriosrancho.com

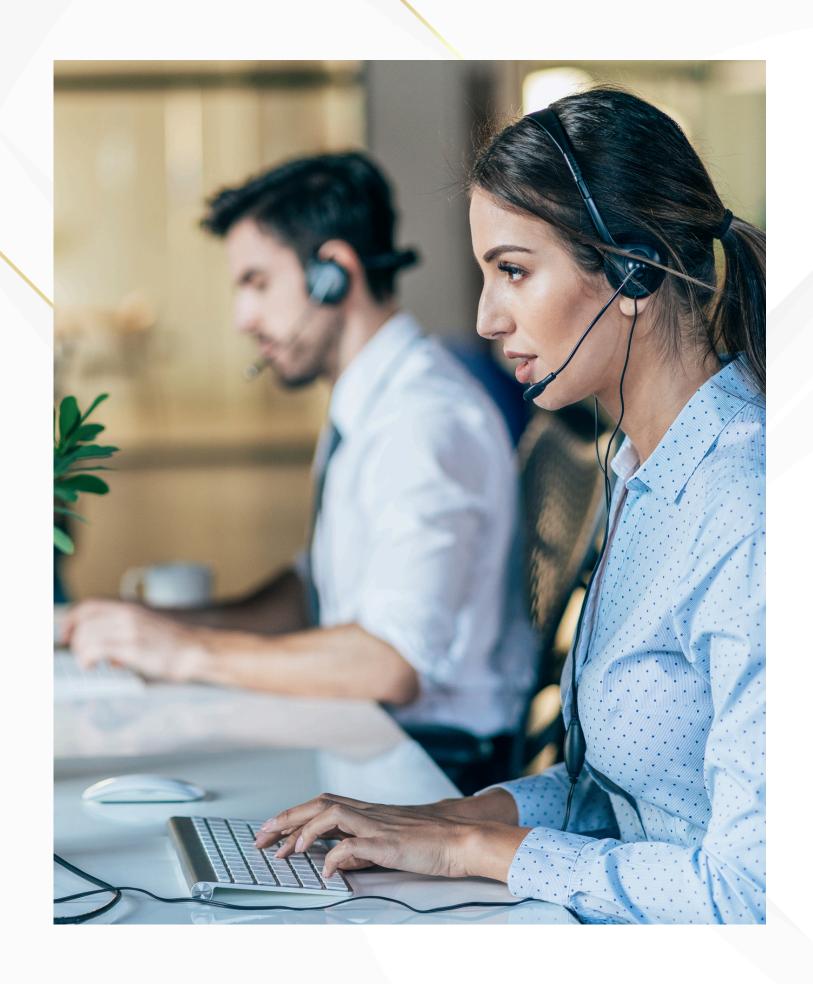
More Info

- link.sbcounty.gov/wellness
- link.sbcounty.gov/webinars
- link.sbcounty.gov/events
- link.sbcounty.gov/wlns-resources



WELLNESS NEWSLETTER

- Monthly wellness updates
- Tips for healthy living
- Local events & activities
- Employee wellness resources
- Upcoming wellness events & webinars



EMPLOYEE ASSISTANCE PROGRAM

- Free, Confidential Support 24/7
- Licensed Counseling & Life Support Services
- Personalized Wellness Coaching & Resources
- Multiple Access Options
- Coverage for Employees & Families

COORDINATOR ROLE

Marketing Emails

- HR, Wellness Works Here
 - mhm@hr.sbcounty.gov

Rewards Distribution

- Obtain employee signatures
- Send back any extra prizes to HR 0440

Providing Resources

- Post flyers in breakrooms/common areas
- link.sbcounty.gov/wlns-resources



CONTACT US





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Email Address

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Website

link.sbcounty.gov/wellness