



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



INFLATABLE KAYAK
5 Raffle Winners
350K 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 not 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

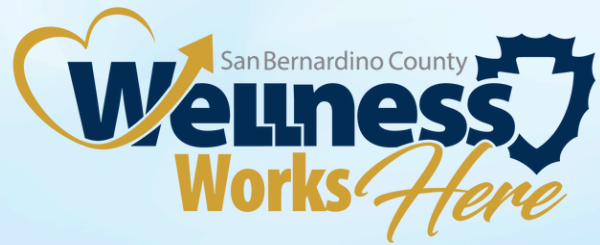
[Learn More >](#)



Flu Shot Clinics

Protect Your Health with Flu Vaccines at Convenient Locations Near You

[Learn More >](#)



Human Resources

2025-26 WELLNESS KICKOFF EVENT

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

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

JOIN US IN-PERSON TO LAUNCH INTO WELLNESS



BLACKSTONE
PIZZA OVEN RAFFLE



PET
ADOPTIONS

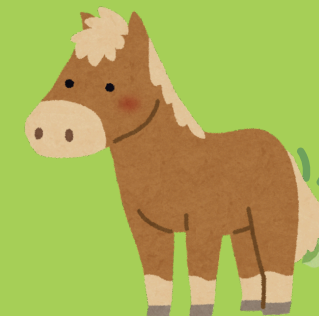


CHAIR
MASSAGES

HEALTH VENDOR
BOOTHS



ART THERAPY
STATION



MINI PONY
PETTING ZOO



Free Popsicles
for the first **200**
employees!



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 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

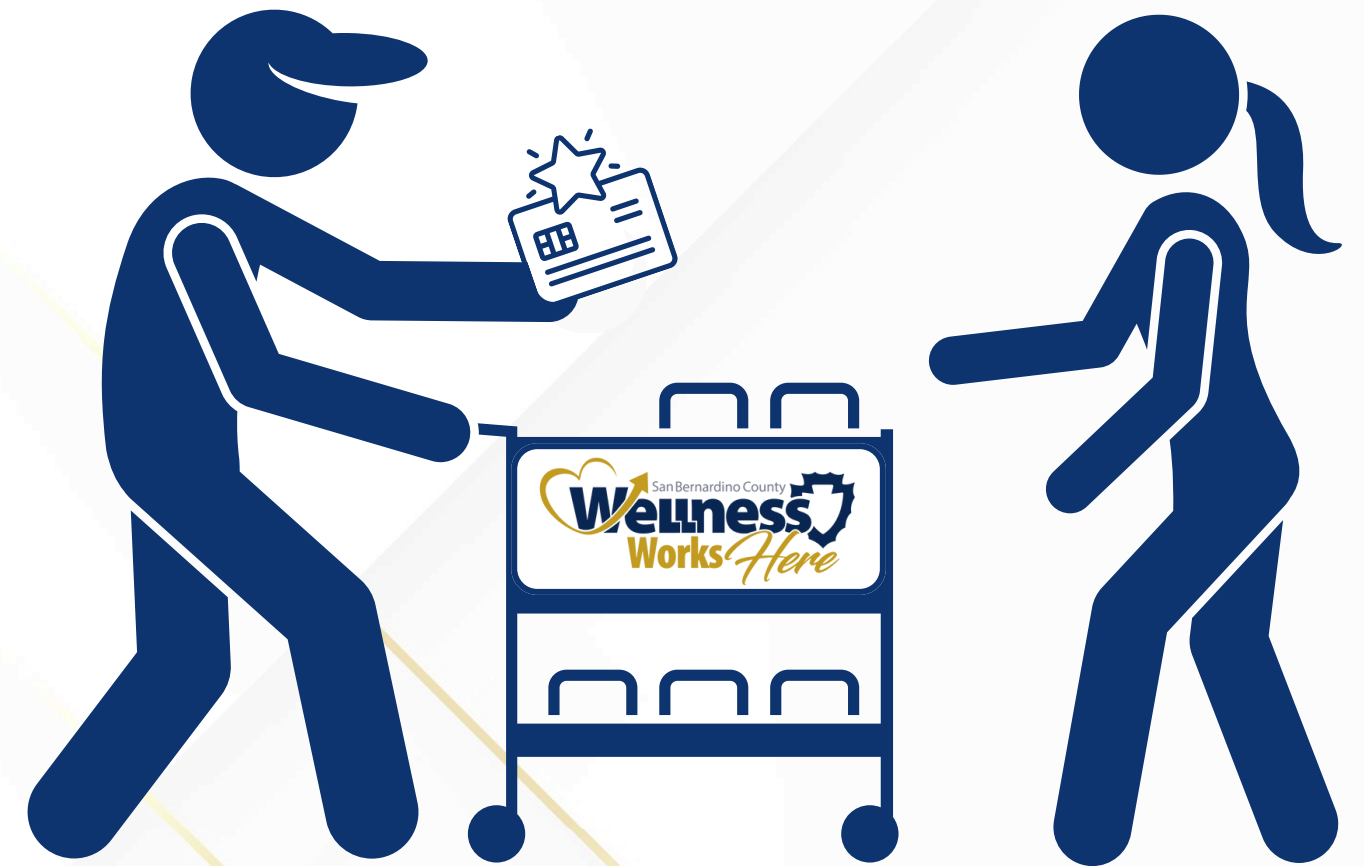
- HR, Wellness Works Here
 - mhm@hr.sbcounty.gov

Rewards Distribution

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

Providing Resources

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



CONTACT US



Mailing & Physical Address

175 W. Fifth Street, First Floor
San Bernardino, CA 92415



Phone Number

909-387-5787



Email Address

mhm@hr.sbcounty.gov



Website

link.sbcounty.gov/wellness