
WELLNESS CENTER REPORT

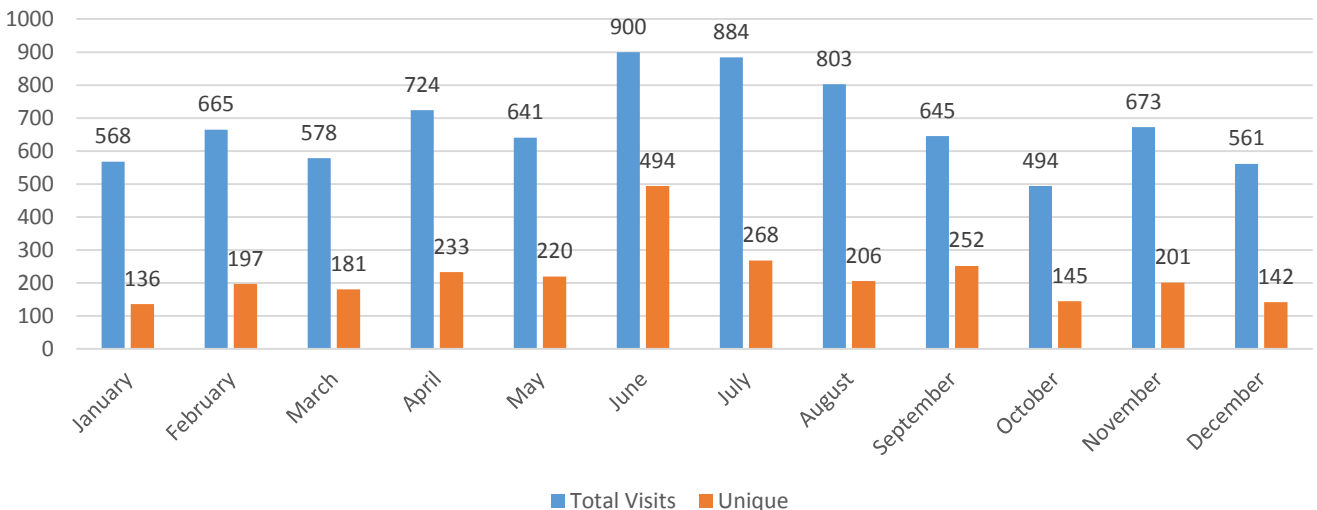
EXECUTIVE SUMMARY

2015 was the first full year that the Wellness Center was open to HSS members. Services included (in order of utilization): group exercise (78%), seminars (7%), open use of the Wellness Center for videos and individual workout routines (7%), wellness coaching (4%), special events (4%), and tours (<1%).

Highlights

- 8,136 visits in the year, with an average of 678/month.
- 939 different people (participants) visited the Wellness Center, with an average of 78/month.
- 78% of participants used the Wellness Center for group exercise.
- 12 special events were offered including a flu shot clinic, Fitness Fair, biometric screenings, Salsa Day, and more.

Wellness Center: Total and Unique Participation



2015 Compared to 2014

- 43% increase in visits/month.
- 81% increase in participants/month.
- 12% increase in average monthly group exercise participation at the Wellness Center.
- 61% increase in group exercise participation at City Hall.
- 8% decrease in average monthly seminar participation.
- 26% decrease in average monthly coaching participation.

2016 Goals

- Increase the annual visits to 9000.
- Increase the unique participants to 975.
- Increase the percentage of visits for activities other than group exercise to 25%.

2016 Recommendations

Group Exercise

1. Pilot 1:00 classes to accommodate more participants during the lunch hour (many 12:00 classes are reaching capacity).
2. Focus promotional efforts on classes that serve those new to exercise or those who need modification as well as on classes that address strength and flexibility.

Seminars

1. Offer regular mental well-being seminars through the expanded EAP.
2. Offer seminars for managers to help improve well-being in the workplace.
3. Pursue relationships with non-profit organizations to provide seminars.

Open Wellness Center Use

1. Promote Wellness Center use on break times and from 1:00-2:00.

Wellness Coaching

1. Promote coaching as a compliment to challenges and seminars.
2. Have the coach facilitate group sessions on specific topics.

Special Events/Programs

1. Host three large-scale events that are highly promoted in the Civic Center area to attract new users.
2. Offer at least five activities, such as donation drives and awareness-raising activities.
3. Explore offering Open Houses and tours regularly.
4. Host the Getting in Balance study.

General

1. Increase opportunities for member feedback.
2. Explore participant tracking and scheduling software options.

ACTIVITY & PARTICIPATION OVERVIEW

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- 26% decrease in average monthly coaching participation.

Wellness Center Participation	2014*	2015
Total Visits	3801*	8136
Total Participants	437*	939
Average Visits/Month	473	678
Average Participants/Month	123	223
Wellness Center Group Exercise: Total Classes	237*	491
Wellness Center Group Exercise: Total Visits	3318	6367
Wellness Center Group Exercise: Visits/Month	474	531
City Hall Group Exercise: Total Classes	104**	186
City Hall Group Exercise: Total Visits	1790**	4934
City Hall Group Exercise: Visits/Month	255	411
Seminars: Total Classes	59*	48
Seminars: Total Visits	349*	593
Seminars: Visits/Month	50	46
Coaching: Total Visits	159*	273
Coaching: Average Visits/Month	23	17
Special Events: Total Visits	Not recorded	313
Special Events: Visits/Month	Not recorded	26

* Wellness Center participation in 2014 represents 8 months (May-December), whereas 2015 represents a full 12 months of programs and services.

**City Hall participation in 2014 represents 7 months (June-December), whereas 2015 represents a full 12 months of programs and services.

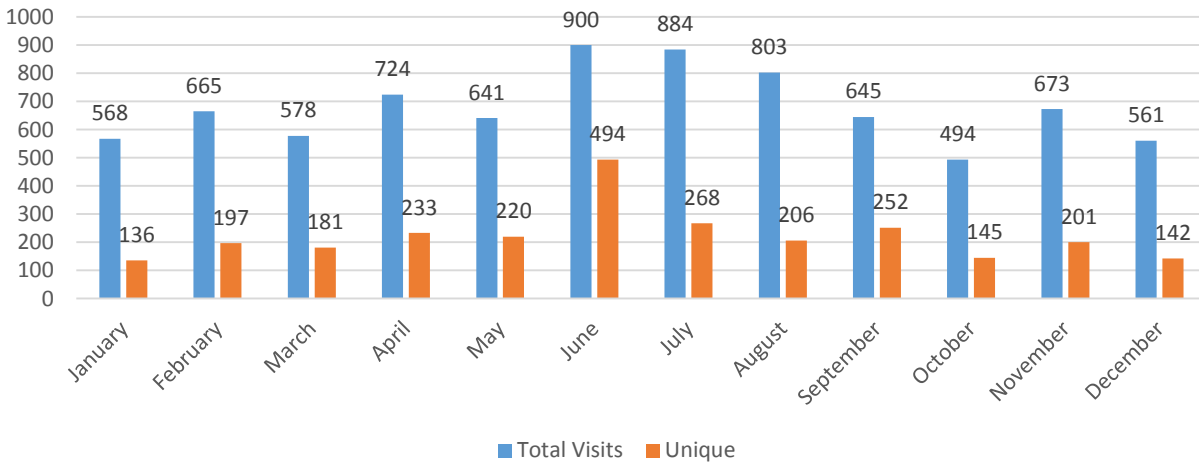
Wellness Center Participation

The Wellness Center had 8,108 visits during 2015, with an average of 676 per month. On average 223 different people (unique participants) visited the Wellness Center. These counts do not include

individuals who come to the Wellness Center for Employee Assistance Program (EAP) counseling, or non-wellness related activities, such as department staff meetings and New Employee Orientations (NEOs).

June experienced the most participants: This can be primarily be attributed to the Fitness Fair. October has the lowest number of visits because many services are canceled due to Open Enrollment. Unlike many fitness centers, the Wellness Center did not experience a dramatic increase in participation in the New Year. The busiest months appear to be in the summer, although it is difficult to know if this is a result of special events like the Fitness Fair.

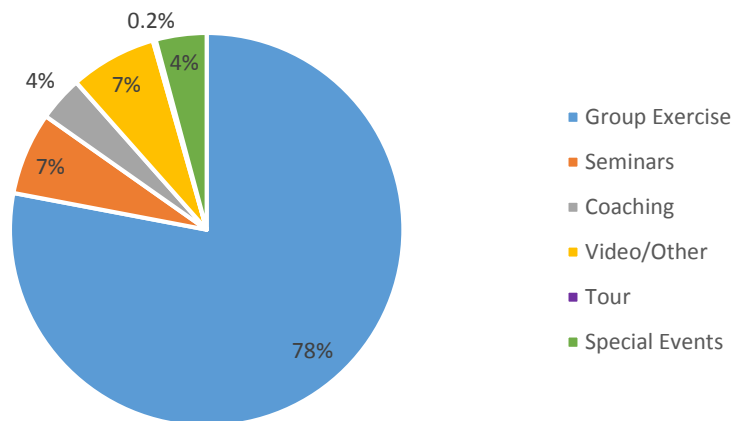
Wellness Center: Total and Unique Participation



There are similar patterns in participation from 2014 to 2015: Peak participation occurred in June, July and August and again in November. 2015 exceeded 2014 visits every month except September.

Group exercise participation still represents the largest portion of visits for the Wellness Center with 78%. In 2015, participant tracking began for individuals using the group exercise space during non-class times (Video/Other, 7%) and Wellness Center tours (<1%) for HSS members. Seminars represent 7% of all participation, special events represents 4% of all participation and health coaching represents 4% of all participation.

2015 Wellness Center: Percent of Visist by Activity



GROUP EXERCISE (WELLNESS CENTER AND CITY HALL)

Highlights

Wellness Center Group Exercise

- 6367 total visits for group exercise
- 531 avg. visits/month, 12% more than 2014
- 14 avg. participants/class
- 4% of classes were canceled

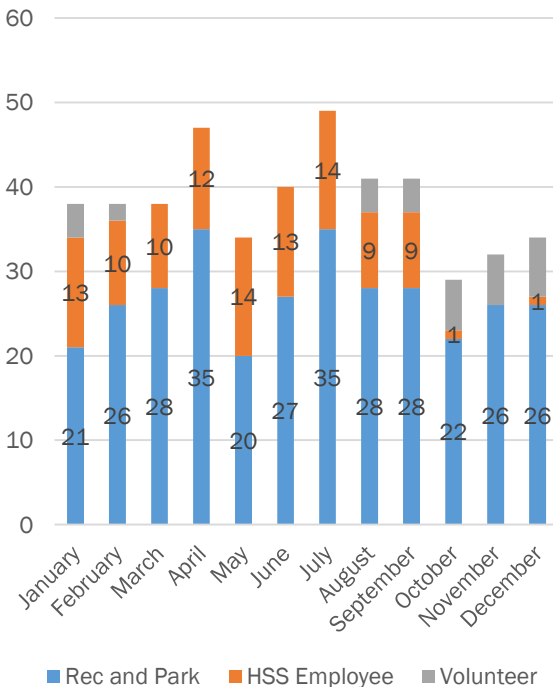
City Hall Group Exercise

- 4,934 total visits for group exercise
- 411 avg. visits/month, 12% more than 2014
- 26 avg. participants/class
- 15% of classes were canceled

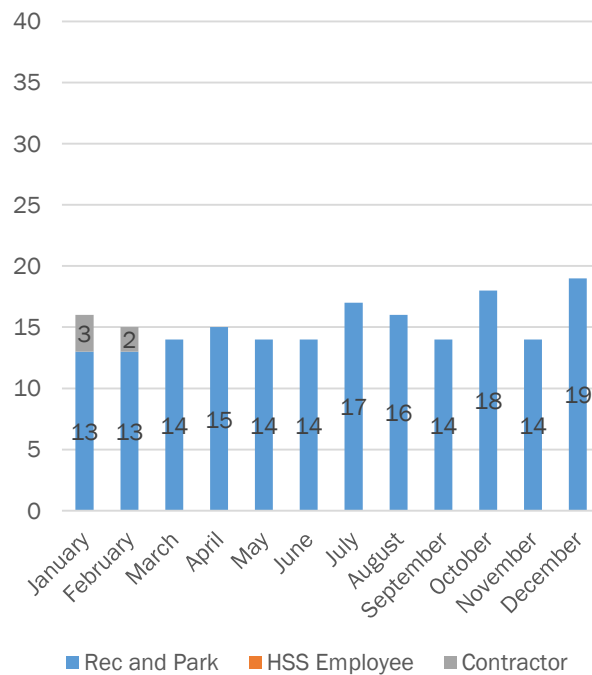
Number of Group Exercise Classes

Throughout 2015, HSS expected to offer a total of 513 at the HSS Wellness Center, however due to cancellations a total of 491 (96%) were offered. In 2015, HSS expected to offer 220 group exercise classes at City Hall, however due to cancellations by City Hall and REC cancellation only 186 (85%) were offered. The majority of cancellations at City Hall are due to special events requiring the space.

Wellness Center: Number of Group Exercise Classes by Provider and Month (2015)



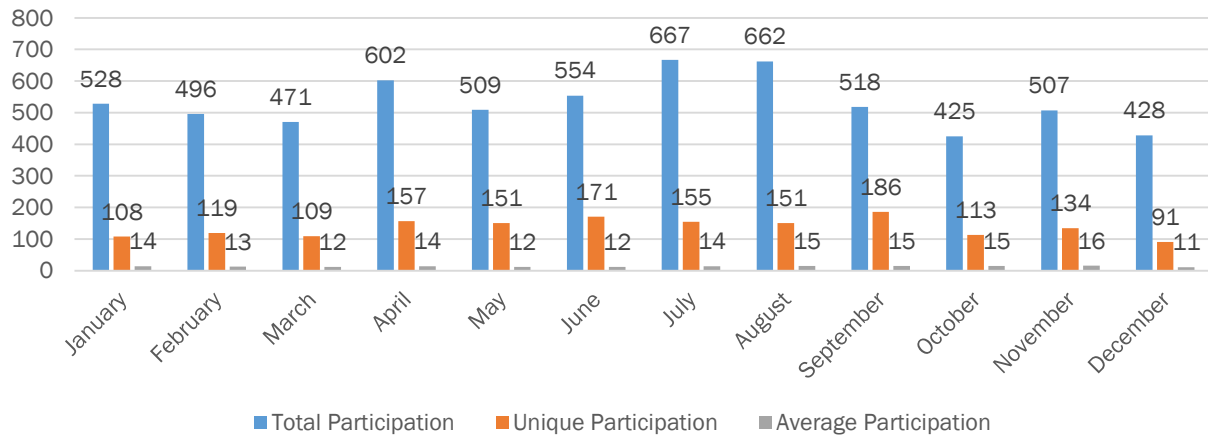
City Hall: Number of Group Exercise Classes by Provider and Month (2015)



Group Exercise Participation

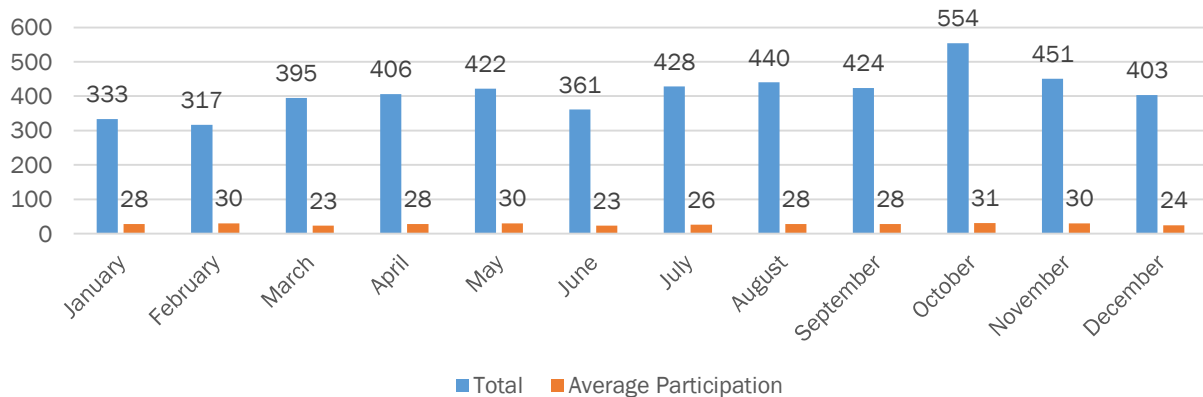
The Wellness Center averaged 531 group exercise visits (total participation) per month. On average, 137 different people (unique participants) took group exercise classes, which is an average of 4 classes/person/month. The average class size in 2015 was 14. Visits are higher in months when more classes are offered. Average participation was higher August through November.

Wellness Center: 2015 Total, Unique, and Average Participation in Group Exercise Classes by Month



City Hall averaged 27 participants per class. This represents a 41% increase when compared to 2014. The increase may be explained by the transition of City Hall classes to no longer collect a fee. There were an average of 411 participants per month: This is a 3.6% increase in total participation when compared to 2014. After soliciting participant feedback for City Hall classes, some adjustments were made to the group exercise class offerings and class start times. These changes include aligning all class start times to begin at 12:10 pm and end at 12:55 pm, moving yoga on Wednesday to Tuesdays and adding a back a Tai Chi class on Wednesdays starting in September. This may be explained by adding Tai Chi and the cancelation of classes at the HSS Wellness Center throughout the month of October due to Open Enrollment.

City Hall: 2015 Total and Average Participation in Group Exercise Classes by Month

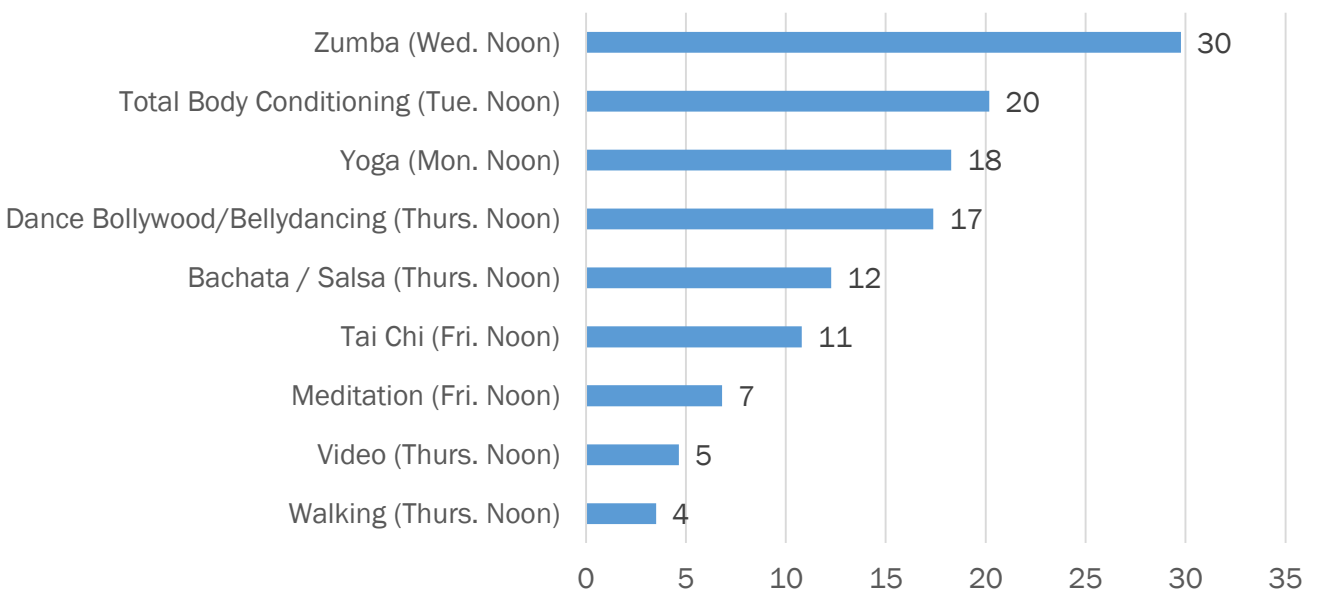


Group Exercise Participation by Class Time, Type, and Location

Classes offered at the noontime hour continue to yield a higher participation rate on average when compared to the morning and evening classes at the Wellness Center. Noon classes on average have 16 participants per class (same as 2014), whereas the morning and evening classes produce an average 11 participants per class (9 average in 2014).

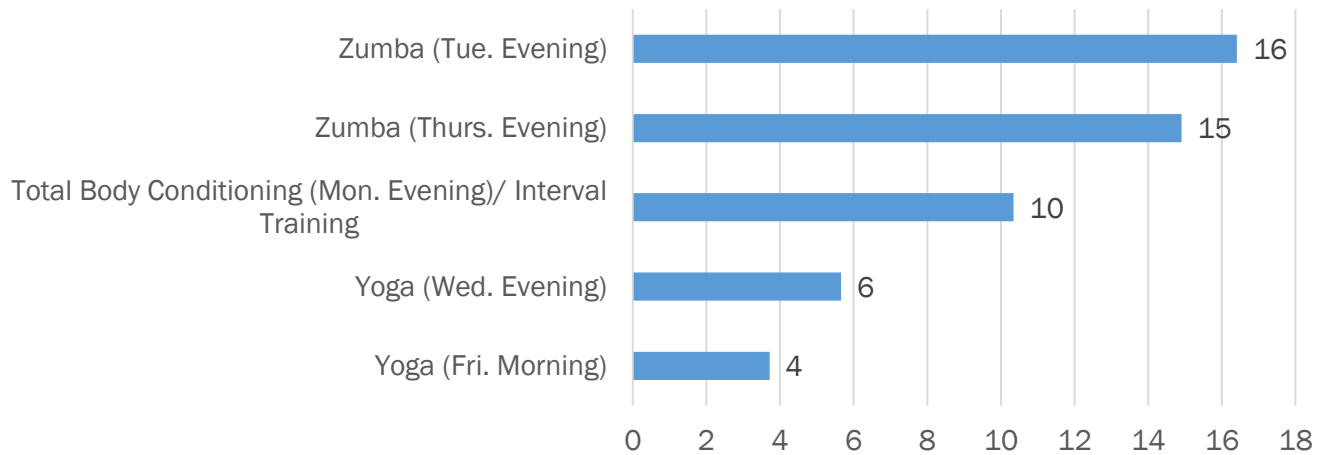
At the Wellness Center, the three classes with the highest participation were Zumba on Wednesdays with an average of 30 participants (class maximum size), Total Body Conditioning on Tuesdays with an average of 20 participants (class maximum size), and Yoga on Mondays with an average of 18 participants. Bellydancing was offered only one month in 2015, however yielded 21 participants during that class.

WELLNESS CENTER: Noon Group Exercise Class Average Participation
Per Month by Class (2015)



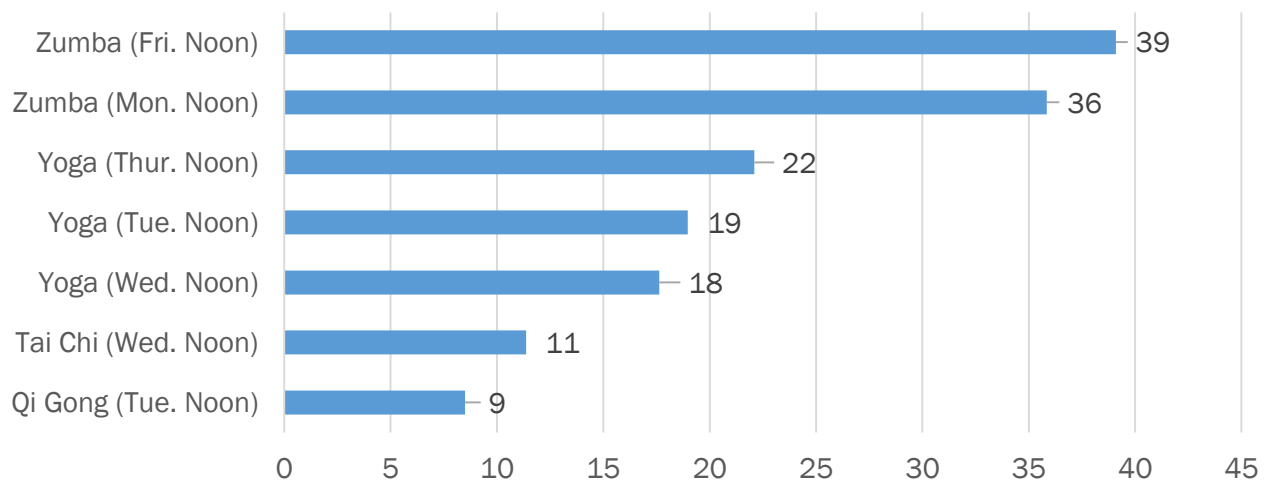
Class participation continues to be lower in the morning and evening classes compared to noontime classes at the Wellness Center, however many of the non-noontime participants are those who cannot attend during the workday. The Yoga evening class continued to see a drop in participation and was removed from the schedule in September. The classes with highest participation are Zumba on Tuesdays with 16 participants and Thursdays with 15 participants on average and Total Body Conditioning on Mondays with 10 participants on average.

WELLNESS CENTER: Morning and Evening Group Exercise Class
Average Participation Per Month by Class (2015)



At City Hall, the two classes with the highest participation continue to be the two Zumba classes. The Friday class average 30 participants and the Monday class average 36. In June, three of the Friday classes at City Hall were moved to the HSS Wellness Center.

CITYHALL: Group Exercise Class Average Participation Per Month by Class



Employee Feedback on Group Exercise

HSS continues to solicit feedback from participants in order to ensure that we make adjustments in classes if needed and provide additional class offerings where interest is high. A survey was sent to participants about potential changes to classes being offered in City Hall. Based on feedback received, a Tai Chi Class was added on Wednesdays, the yoga class on Wednesday was moved to Tuesday and all classes were adjusted to have the same start time of 12:10 pm. Based on participation metrics and participant comment, several changes were made to the evening schedule at the Wellness Center. A second Zumba class was added and the yoga class was canceled due to consistently low attendance.

INTERACTIVE SEMINARS AND SERIES

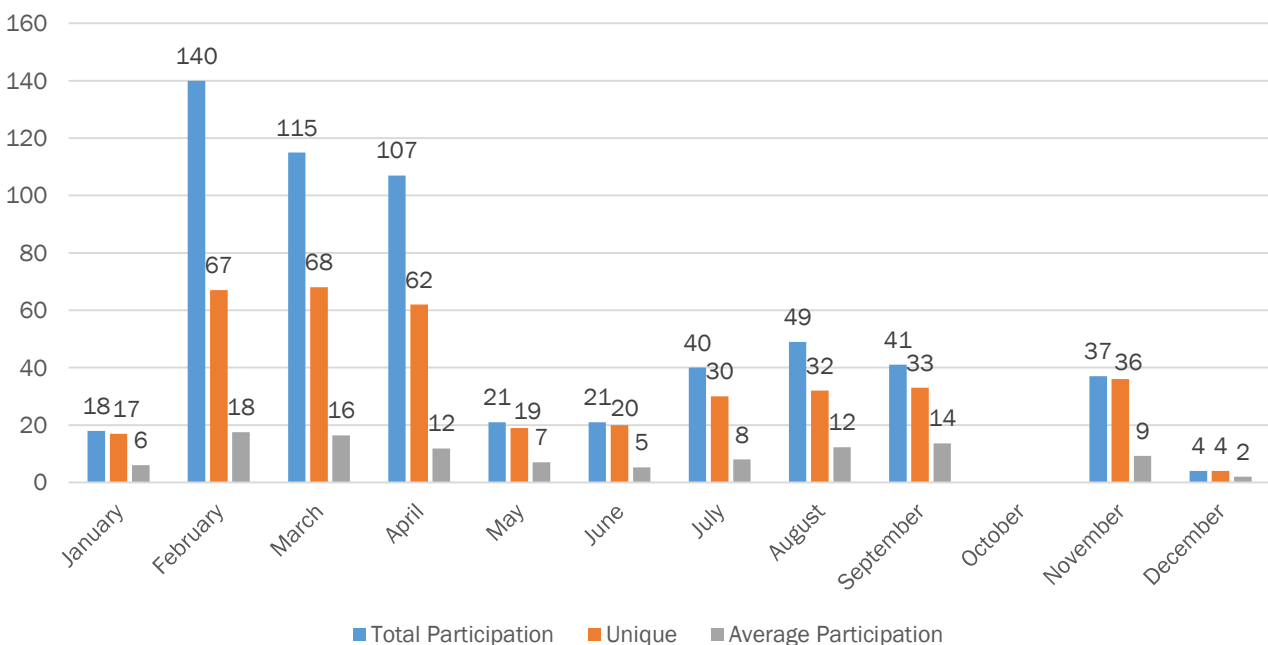
Highlights

- 32 seminars and 4 series were offered.
- Average participation was 14. This increase from 2014 by 2 participants per seminar.
- The seminars with the greatest participation were Kitchen Medicine (26), Your Kidneys and Your (23), Creating a meaningful Retirement (22) and Healthy Habits (22).
- The Communicating to Resolve Conflict series offered by EAP was so popular it was offered three times to accommodate all the interested participants.
- The overall satisfaction rating for seminars in 2015 was 4.52 (90%). This is the same as 2014.

Seminar & Series Participation

593 total visits by 268 unique participants, attended the 32 seminars and four series. Participation averaged 14, with a range from 1 to 26. Participation is directly related to the number of seminars offered in each month.

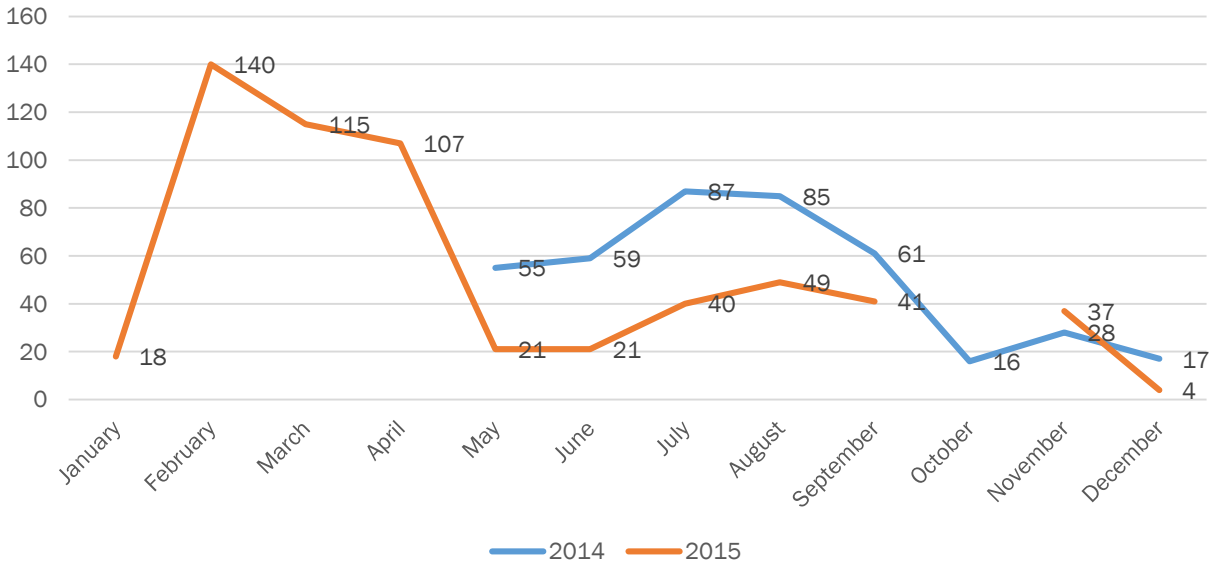
2015 Interactive Seminar Participation



There is a substantial increase in participation in February due to the Communicate to Resolve Conflict series. There was an average of 26 participants per class. Due to this interest the series was offered again in March and April. This caused a spike in participation during these three months when compared to 2014. When comparing participation in 2014 to 2015, there are similar trends from July through September where there was an increase in participation. This may be due to

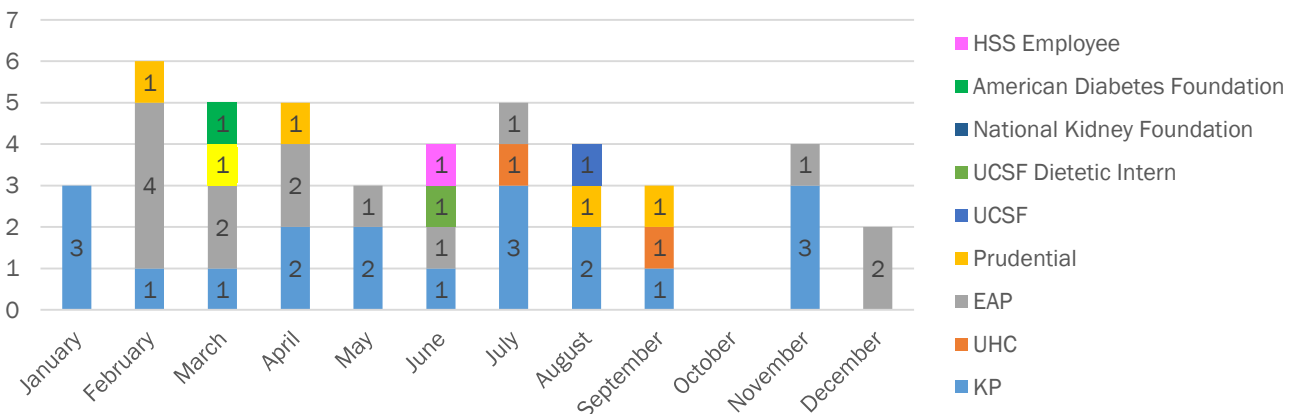
schools being back in session or employees taking fewer vacations. In both 2014 and 2015, there was a drop in participation during October because of Open Enrollment.

2014 vs. 2015 Total Visits - Interactive Seminars



HSS continued to provide a wide range of seminars related to the four pillars of wellness: Prevention, Movement, Peace of Mind and Nutrition. Throughout 2015, HSS has been able to leverage internal resources such as EAP as well as the existing partner relationships with Kaiser Permanente (KP), United Health Care (UHC), UCSF and Prudential (via SF Deferred Compensation’s relationship) to support the onsite seminar needs. This year, additional partnerships with the National Kidney Foundation, UCSF’s Dietetic Interns, and American Diabetes Association were established to support onsite seminar needs. A total of 32 seminars and series were offered: The majority were offered by KP and EAP.

2015 Wellness Center: Offerings by Provider by Month



Employee Feedback:

All participants are asked to complete a satisfaction survey at the completion of the seminars and series. An overall satisfaction score of 4.52 out of 5.0 (90%). Here are few comments from participants.

- “Very informative, got me thinking more about what I'm putting in my mouth.” – Kitchen Medicine
- “Practical effective and very engaging, I like the food sampling.” – Kitchen Medicine
- “Nice quick overview. Action sheet was nice too - not just words but plan for action.” – Preventing Burnout
- “It was interesting that the dressing had no oil in it but it tasted good” – Salad Food Demonstration
- “Please have this seminar offered again. Chad Kasper explains everything very clear and easy to understand.” – Using Deferred Compensation in Retirement
- “The speaker is fabulous, clear, concise and has a lot of knowledge.” – Your Strong and Healthy Back
- “Very good information on the mechanics of sleep.” – Getting Healthy Sleep
- “The presenter was very well informed and answered questions in addition to her presentation.” – Weight Management Overview
- “Planning one's day is the most valuable thought of the class.” – Managing Stress during the Holidays

WELLNESS COACHING

Highlights

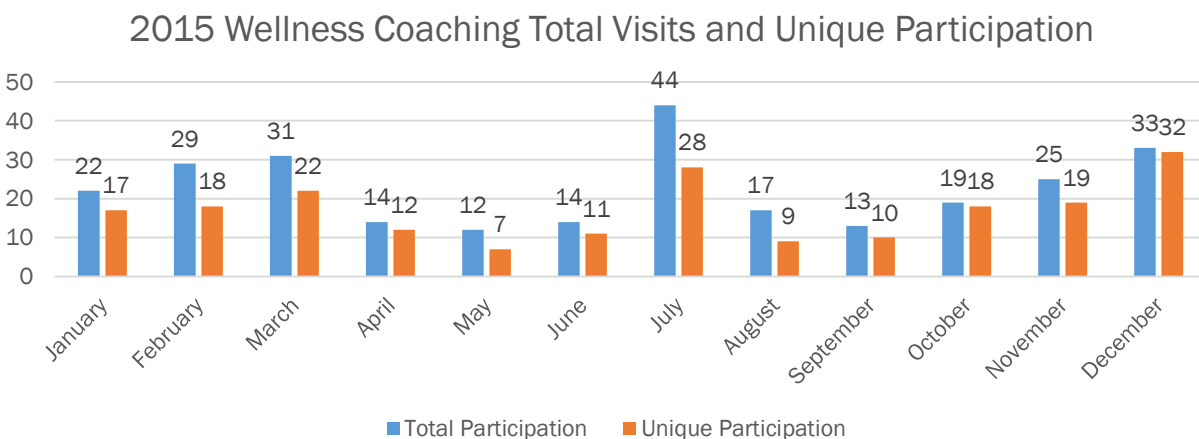
- 273 coaching appointments
- 23 avg. appointments/month
- 114 unique participants
- 17 avg. participants/month
- On average there are 24 appointments per month and an average of 17 unique participants per month.
- 47% of the total available appointments were scheduled (% of scheduled capacity) and of those scheduled appointments, 79% attended (% show rate based on scheduled). This is a decrease by 3% when compared to 2014.

Wellness Coaching

HSS continues to partner with Kaiser Permanente to offer onsite Wellness Coaching. This year, one goal was to tie coaching into many onsite events such as the Fitness Fair, biometric screening events and open enrollment events that took place at the Wellness Center. During these events a health coach was onsite, providing an overview of the coaching program, talking to members about how coaching can assist them and getting members signed up for coaching. These events have been successful in getting new participants and increasing the total percentage of scheduled appointments.

Wellness Coaching Participation

For 2015, there have been total of 273 appointments and an average of 10 unique participants per month. During the first quarter there were peaks in participation due to New Year's resolutions and marketing the coaching program as a package of three, 20-minute sessions with a health coach. Other peaks in participation occurred in July, November and December. These peaks can be explained by recruitment during the Fitness Fair in late June. The additional appointments in November and December were related to recruitment at Open Enrollment and the Maintain, Don't Gain holiday weight maintenance challenge.

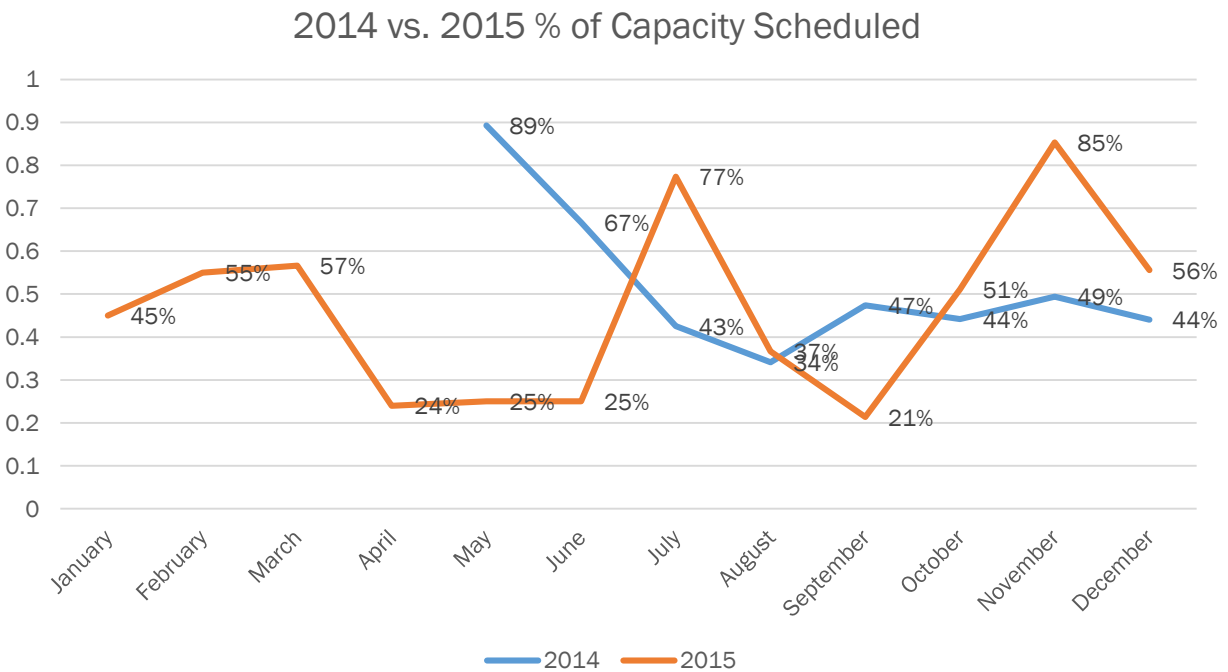


Note: Unique is represented by the month, not total unique from January to December.

Wellness Coaching Utilization

On average, 47% of the total available appointments were scheduled (% of scheduled capacity) and of those scheduled appointments, 79% attended (% show rate based on scheduled). This is a decrease in 3% compared to 2014. December represents an unusual amount of no shows with only 44% of those who signed up, actually attended their appointment. When compared to December 2014, this represented a decrease of 34%.

Events where a health coach was present was proven to be successful in getting new participants engaged and maximizing the number of coaching appointments booked. During Open enrollment the health coach as able to book out 100% of their appointments for the remaining of the year. Cancellation rates were not captured, therefore the data represents only the number of scheduled appointments 24 hours prior to the scheduled coaching day. The HSS Wellness Team continues to regularly promote the service and will continue to promote it during onsite events. The below graph represents the differences in 2014 vs. 2015 in the percentage of appointments what were booked versus total capacity.



SPECIAL EVENTS

Highlights

- 12 special events were offered
- Flu shots, the Fitness Fair, and biometric screenings had the largest participation.

Special events raise awareness about the Wellness Center and help attract new users. Additionally, the events themselves have an immediate benefit. Some events focus on building a sense of community: Salsa Thursday, shoe and coat donations. Other events raise awareness about health: Wear Red Day, biometric screenings, and blood pressure screenings. Fitness testing raised awareness, but also recruited participants for wellness coaching. Maintain, Don't Gain was a special program to help participants maintain their weight during the holidays. It included the opportunity to weigh in and out. Greens Day had the lowest attendance: It strived to making healthy eating fun. Salsa Thursday was more successful at making healthy eating fun. A wide range of special events are designed to maintain enthusiasm around well-being and the Wellness Center, recruit participation in ongoing events, and provide additional resources that are not regularly available.

Event	Participation	Departments
Advanced Biometric Screening February 4, 5 & March 24, 2015	210	25
Wear Red Day February 6, 2015 1:00pm - 1:30pm	48	9
Greens Day March 17, 2015 12:30pm - 1:30pm	8	5
Walk, Reuse, Recycle: Shoe Donation April 1 - May 1, 2015 191 pairs of shoes collected	34	12
Salsa Thursday May 7, 2015 12:00pm - 2:00pm	43	12
Fitness Fair June 25, 2015 11:00am - 2:00pm	270	25
Fitness Testing July 8, 23, & September 19, 2015	28	Unknown
Flu Shot Clinic October 6, 2015	310	
Maintain Don't Gain Challenge November 16, 2015 - January 8, 2016	33	9
Blood Pressure Screening December 8, 2105 8:30am-5:00pm	35	
One Warm Coat Donation November 30 - December 31, 2015 31 coats collected	13	8

APPENDIX A: INTERACTIVE SEMINARS AND SERIES

The following chart lists all of the seminars offered for 2015, the provider that led the seminar, attendance, and satisfaction score.

Month	Topic		Participation	Individual Satisfaction Score	Satisfaction %
January	Finding Your Motivation	KP	6	4.80	96%
	Understanding Your Metabolism	KP	8	4.60	92%
	Eating for All Day Energy	KP	4	4.90	98%
February	Anger Management	EAP	11	4.13	83%
	Budget and Financial Literacy	PRU	4	4.00	80%
	Communicate to Resolve Conflict	EAP	78	4.23	85%
	Stress Management	EAP	13	3.93	84%
	Kitchen Medicine	KP	26	4.88	98%
	Preventing Burnout	EAP	8	4.20	84%
March	Time Management	EAP	10	4.27	85%
	Diabetes 101	American Diabetes Association	12	4.94	99%
	Food Demo - Salad	KP	16	5.00	97%
	Communicate to Resolve Conflict	EAP	54	4.62	88%
	Your Kidneys and You	National Kidney Foundation	23	4.40	88%
April	Creating a Meaning Retirement (3 sessions)	EAP	22	4.20	81%
	Communicate to Resolve Conflict	EAP	37	4.34	87%
	Healthy Habits	KP	22	4.45	89%
	Healthy Weight	KP	7	4.63	93%
	Using Deferred Comp in Retirement	Prudential	19	4.32	86%
May	Finding Your Motivation	KP	2	4.80	96%
	Creating Positivity @ Work	EAP	12	4.78	96%
	Eating Locally, Eating Seasonally	KP	7	4.50	90%

June	Exercises at your Workstation	HSS	4	4.27	85%
	Your Strong and Healthy Back	KP	4	4.90	98%
	Healthy Habits for Work	UCSF Dietetic Interns	6	4.83	97%
	Stress Management for Managers/Supervisors @ work	EAP	7	4.27	85%
July	Managing Priorities to Maximize Your Day	UHC	8	4.58	86%
	Cancer Preventing Foods	KP	11	4.50	91%
	Make Every day Mean More	EAP	1		
	Getting Healthy Sleep	KP	17	4.65	91%
	Weight Management Overview	KP	3	4.67	93%
August	Wise Investing	Prudential	9	4.58	92%
	Weight Management	KP	3	4.13	83%
	Stress and Resiliency Medicine	UCSF	18	4.47	88%
	Kitchen Medicine	KP	19	4.67	92%
September	Growing Healthy Families	UHC	3	4.93	99%
	Cooking Demo	KP	18	4.82	96%
	Retirement Readiness	Prudential	20	4.43	89%
November	Understanding your Metabolism	KP	14	4.44	89%
	Holiday Cooking Demo	KP	15	4.30	86%
	Finding Your Motivation	KP	5	4.20	84%
	Dealing with Difficult Family Members	EAP	3	4.10	82%
December	Managing Stress During the Holidays	EAP	1	5.00	100%
	Creating Happiness	EAP	3		

APPENDIX B: SPECIAL EVENT DETAILS

Event	Goals	Participation	Description
Advanced Biometric Screening February 4, 5 & March 24, 2015	Raise awareness about the importance of preventive care.	210 participants 25 City departments represented	<ul style="list-style-type: none"> ▪ The advanced biometric screening include measurements: blood pressure, heart rate calculated by a formula using height and waist circumference, non-fasting cholesterol (lipoprotein and total cholesterol) and non- ▪ Participants received an individualized report and how they compared to the normative range. ▪ Participants were encouraged to discuss a with their physician and were reminded of seeing their medical provider regularly. ▪ A health education table was available with preventive care and wellness services.
Wear Red Day February 6, 2015 1:00pm – 1:30pm	Promote and support the American Heart Association – National Wear Red Day to help raise awareness about heart disease in women.	48 participants 9 City departments represented	<ul style="list-style-type: none"> • Participants were encouraged to help raise awareness that heart disease is the #1 killer of women by wearing red. • Activities includes a 10-minute review of a health quiz, 10-minute stretch band exercise (bands and handouts were given to all participants) and a healthy fresh-fruit, non-alcoholic “Sangria”. • Heart disease prevention handouts available.
Greens Day March 17, 2015 12:30pm – 1:30pm	Promote and support National Nutrition Month. Encourage employees to eat healthy at work.	8 participants 5 City departments represented	<ul style="list-style-type: none"> • Participants made homemade salads to share recipes. They were able to learn from their colleagues about healthy, tasty and satisfying salad.
Walk, Reuse, Recycle: Shoe Donation April 1 – May 1, 2015	Support the City’s Shape Up Walking Challenge. The event gave employees an environmental-friendly option to properly dispose of unwanted shoes.	191 pairs of shoes collected 34 participants; 12 City departments represented	<ul style="list-style-type: none"> • HSS worked with Recycle for Change Program to provide a collection bin. • Those who donated shoes were entered to win a prize for their donations.
Salsa Thursday May 7, 2015 12:00pm – 2:00pm	Encourage employees to move more during the work day. Promote healthy snacking.	43 participants 12 City departments represented 12 homemade salsa taste test entries	<ul style="list-style-type: none"> • Participants engaged in the salsa dance demonstration by REC instructor. • Participants taste tested the different salsa favorites. • Healthy options were available for scooping.
Fitness Fair June 25, 2015	Create an engaging opportunity to highlight	270 participants	<ul style="list-style-type: none"> • A total of 16 stations were available for participants to choose from which included the three health plans.

11:00am – 2:00pm	the wellness resources available to Health Service System members. Attract new members to the Wellness Center.	25 City departments represented	<ul style="list-style-type: none"> HSS hosted four special tables at the Fitness specific services: Wellness Center, Wellness Coaching, and Retiree Wellness Participants engaged at various vendor tables, including a BMI machine, obstacle course, or participating in demonstrations. Participants were given passports and encouraged to visit various stations to receive the free giveaway and prizes.
Fitness Testing July 8, 23, & September 19, 2015	Provide participants with information regarding their overall health, cardiovascular health and flexibility.	28 participants	<ul style="list-style-type: none"> Tests performed during the 20 minute appointment included blood pressure screening, Body Mass Index, body composition (body fat %), circumference measurements, a flexibility test and cardiovascular test.
Flu Shot Clinic October 6, 2015		310 participants	
Maintain Don't Gain Challenge November 16, 2015 – January 8, 2016	Engage employees to commit to maintaining their weight during the holidays. The emphasis was placed on weight maintenance, and not weight loss.	33 participants 9 City departments represented	<ul style="list-style-type: none"> Participants received tracking sheet; Weight loss challenge ended November 16th, 2015. BMI machine available at the Wellness Center for use. Wellness Coach appointments were available on Wednesdays for support. Various Healthy Holidays seminars were held at the Wellness Center for additional support.
Blood Pressure Screening December 8, 2105 8:30am-5:00pm	Increase employee awareness of the importance of preventive care. Increase employee awareness about the variety of wellness services. Engage employees in maintaining or improving their health.	35 participants City departments represented	<ul style="list-style-type: none"> Participants had their blood pressures taken by Permanent staff. Healthy heart, holiday tips, and other written materials were available for employees during the screening.
One Warm Coat Donation November 30 – December 31, 2015	The employee engagement event gave participants an environmental-friendly option to properly dispose of unwanted coats and to give back to the community.	31 coats collected 13 participants 8 City departments represented	<ul style="list-style-type: none"> HSS registered with One Warm Coat as an engagement donation event and for marketing purposes. St. Anthony Foundation's Free Clothing Program was the recipient of the coats.

April – Walk, Reuse, Recycle! Shoe Donation Event Background

According to the San Francisco Department of Environment, textiles are one of the top five materials that San Franciscans send to the landfill. Each year, the number of pounds of textiles that San Franciscans send to the landfill could fill about 1,500 Muni buses. In support of the Shape Up Walking Challenge and Earth Day on April, 22, 2015, HSS Wellness Center launched a shoe donation event that encouraged CCSF employees and retirees to donate and recycle their used unwanted shoes. All shoe types were accepted. HSS Wellness Center partnered with the Recycle for Change a nonprofit organization in Richmond California that collects and recycles used clothing, shoes, and other textiles to lessen environmental impacts by reducing waste and to support sustainable development work across the globe. The Recycle for Change collection bin was available in the Wellness Center April 1 – May 1. For every pair of shoes donated, participants were entered into the raffle to win one of two \$25 gift cards to Sports Basement.



Purpose

The event gave participants an environmental-friendly option to properly dispose of unwanted shoes. The donated shoes will be sold to a facility that sorts them, where they either get reused or recycled. The funds are used to support the Recycle for Change collection program and provides grants to volunteers who do development work in the US, South America and Southern Africa.

Participation

- 191 pairs of shoes were collected.
- 34 employees and retirees donated.
- 12 City departments were represented.

May – 7, 2015 Salsa Thursday 12:00-2:00

Background

The Salsa Thursday event included a taste test of homemade salsa and the opportunity to learn some salsa dance moves. Healthier options like, cucumbers, celery, carrots and multigrain tortilla chips were used for dipping. Participants were given a scorecard and voted for their favorite salsa based on aroma, consistency, color, taste, and inventive salsa recipe. The top three salsa taste test winners were from HSA, DPH, and HSS. SF Recreation and Parks Zumba instructor, Eveling Gomez, demonstrated and taught basic salsa dancing to participants. She showed case how simple movements can lead to a full body cardiovascular workout.

Purpose

This event encouraged participants to move more during the work day and helped promote healthy snacking.

Participation

- 43 participants came to the event.
- 12 departments were represented: CAT, CON, CPC, CRT, DPH, HSA, HSS, LIB, PUC, REC, RET, TTX.
- 12 employees from 4 departments (DPH, HAS, HSS, REC) submitted homemade salsa entries into the taste test.

Participant Feedback

- *“GREAT Job on the Salsa party. Everyone enjoyed mingling, dancing, and trying out the different salsa. Everyone was smiling and had a great time.”* – Sharon



June 25, 2015 – HSS Wellness Center Fitness Fair 11:00-2:00

Background

Activities at the Fitness Fair included visiting the various vendor tables, checking out the body fat/BMI machine, engaging in an obstacle course, or participating in the fitness demonstrations. Thanks to contributions from KP, BSC, and UHC, a healthy selection of complimentary snacks and infused water stations were available to visitors. Vendors also donated an assortment of raffle prizes to help promote physical activity. Check-in computers were available to participants to sign-in for the event and to enter their names in to drawing for the raffle prizes. After the sign-in process participants were given a passport that listed all the vendors at the fair. Participants were encouraged to visit at least 10 stations to receive a free giveaway.

A total of 16 stations were available for participants to visit, which included the three health plans: Blue Shield of California, Kaiser Permanente, and United Health Care. Five of the fitness centers that provide discounts to members attended: Fitness Evolution, Live Fit, Fitness SF, Crunch, and Studio Mix. Other groups that participated in the event were: Bay Area Bike Share, SF Department of Environment, and SF Recreation and Parks. Additionally, HSS arranged to have tables for the Wellness Center, retiree resources, Wellness Champions, and Wellness Coaching. The vendor partners were asked to highlight fitness and wellness programs that are available to HSS members. The obstacle course helped challenge participants and the 30-minute exercise demonstrations introduced participants to try a new fitness routine, such as Tai Chi, Zumba, Yoga, and Bachata Dance.

Purpose

1. Create an engaging opportunity to highlight the wellness resources available to Health Service System members.
2. Attract new members to the Wellness Center.
3. HSS hosted four special tables at the Fitness Fair to highlight specific services: Wellness Center, Wellness Champions, Wellness Coaching, and Retiree Wellness resources.



Participation

- 270 participants.
- Although it is difficult to identify exactly how many of the participants were visiting the Wellness Center for the first time, unique participation from Q1 to Q2 did increase by 200 individuals. A portion of that increase was certainly due to this event.
- 25 departments and retirees were represented: ADM, ADP, ASR, CAT, CHF, CON, CPC, CRT, CTA, DBI, DPH, DPW, GSA, HSA, HSS, LIB, MTA, POL, PUC, RET, SHF, TIS, TTX, USD, WAR.
- 224 (83%) participants visited at least 10 stations and received a healthy meal planning recipe book.
- The most visited tables were the Wellness Center, KP, and Studiobox.
- The Wellness Coaches recruited participants for the Fitness Testing days coming up in July: 100% of available slots were filled. They also filled 73% of Wellness Coaching appointments for July.



Vendor/Partner	Signed Passports	% of Total Passports	% of Total Visitors
Blue Shield	106	47%	39%
Obstacle Course	127	57%	47%
Retiree Resources	179	80%	66%
Fitness Evolution	180	80%	67%
Bay Area Bike Share	182	81%	67%
SF Environment	183	82%	68%
SF Rec and Parks	184	82%	68%
CCSF Wellness Champions	185	83%	69%
LiveFit	189	84%	70%
Fitness SF	189	84%	70%
Wellness Coach	191	85%	71%
United Healthcare	192	86%	71%
Crunch	193	86%	71%
Studiobox	204	91%	76%
Kaiser Permanente	212	95%	79%
HSS Wellness Center	213	95%	79%

July & September – Fitness Testing

Background

Fitness testing was offered in 2014 when the Wellness Center opened and launched its services. Due to its popularity in 2014, it was decided to offer fitness testing 1-2 times a year moving forward. Fitness testing was offered in July over a 2-day period. Fitness testing was marketed during the Fitness Fair in June and due to overwhelming interest, there was a wait list. In order to accommodate all interested parties, two other fitness testing days were added in September. The events in September were added only to accommodate those who were on the wait list. An HSS Team member provided the fitness testing.

Purpose

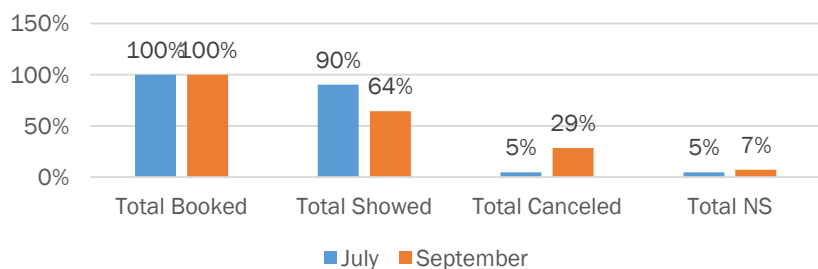
1. Provide a measure of current fitness levels to participants: Fitness testing measures blood pressure, Body Mass Index (BMI), body composition (body fat %), circumference measurements, flexibility and cardiovascular fitness. Knowing the results and how they compared to someone of the same age and gender can be helpful in making to a physical activity routine, providing a baseline if they are starting a physical activity routine, or seeing changes overtime based on their current physical activity practices.
2. Recruit participants for health coaching. Many fitness testing participants signed up with a health coach to talk about next steps or changes to their physical activity program.

Participation

- 28 participants

In July and September 100% of appointments were booked. The September event was provided to support the wait list from the July event, therefore only those who were on the wait list were accommodated for these days in September. No additional marketing for the September Fitness Testing days were provided. Although the September dates were added to accommodate those who were not able to participate in July, September had a lower percent show rate, no show rate and higher cancelation rate.

Fitness Testing: % Booked, Show, Canceled and No Show Rates



December – One Warm Coat Donation Event

Background

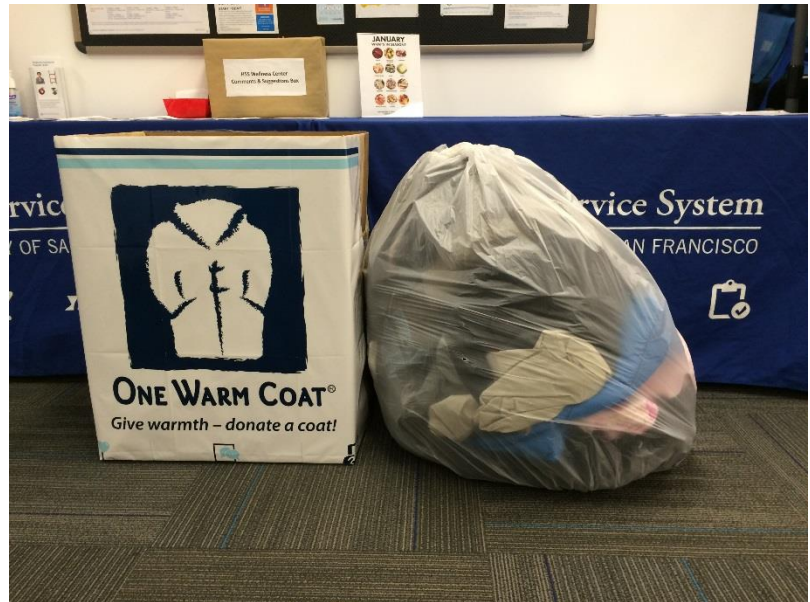
Many people lack enough warm clothing to stay protected throughout winter, and lack the money to buy that clothing. In the spirit of the holiday season and giving back to the community, HSS Wellness Center registered with One Warm Coat as an employee engagement donation drive. One Warm Coat (www.onewarmcoat.org/) helps volunteers organize coat drives to collect gently used adult and children coats. Organizers are able to customize each coat drive to meet their own local needs. The coat donation drive was held from November 30 – December 31, 2015 at HSS Wellness Center. A collection box was available in the Wellness Center Monday through Friday. All coats collected were donated to St. Anthony's Foundation in San Francisco.

Purpose

The event gave participants an opportunity to give back to their community and an environmental-friendly option to properly dispose of unwanted coats. The donated coats will be distributed by St. Anthony Foundation's Free Clothing Program in San Francisco. The program provides warm clothes, employment apparel, and children's clothing to homeless individuals and low-income families in San Francisco.

Participation

- 31 coats were collected.
- 13 employees and retirees donated.
- 8 City departments were represented.



GLOSSARY OF EMPLOYER & DEPARTMENT CODES

Code	EMPLOYER/DEPARTMENT	DEPT Code	EMPLOYER/DEPARTMENT
AAM	Asian Art Museum	HHP	Hetch Hetchy
ADM	Administrative Services	HRC	Human Rights Commission
ADP	Adult Probation	HRD	Human Resources
AIR	Airport Commission	HSA	Human Services Agency
ART	Art Commission	HSS	Health Service System
ASR	Assessor	JUV	Juvenile Court
BOS	Board of Supervisors	LIB	Public Library
CAT	City Attorney	LLB	Law Library
CCD	City College District	MTA	SF Municipal Transportation Agency
CCSF	City & County of San Francisco	MYR	Mayor
CFC	Children & Families Commission	PAB	Board of Appeals
CHF	Children Youth & Families	PDR	Public Defender
CON	Controller	POL	Police
CPC	City Planning		
CRT	Superior Courts	PRT	Port
CSC	Civil Service Commission	PUC	Public Utilities Commission (WTR, HHP, CWP reported separately)
CSS	Child Support Services	REC	Recreation and Parks Commission
CWP	Clean Water	REG	Elections Department
DAT	District Attorney	RET	Retirement Services
DBI	Building Inspection	RNT	Rent Arbitration Board
DEM	Department of Emergency Management	SCI	Academy of Sciences
DPH	Public Health	SHF	Sheriff
DPW	Department of Public Works	TIS	Department of Technology
ECN	Economic, Workforce Development	TTX	Treasurer/Tax Collector
ENV	Environment	USD	Unified School District
ETH	Ethics Commission	WAR	War Memorial
FAM	Fine Arts Museum	WOM	Department on the Status of Women
FIR	Fire Department	WTR	Water Department