WELL-BEING@WORK
KEY PLAYERS RETREAT

Rooted in Well-Being: Growing Together

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Retreat Agenda

9:45 – 10:00 a.m. Arrival & Morning Mingle

10:00 – 10:05 a.m. Welcome & Introductions

10:05 – 11:00 a.m. Key Players Training & Team Building Breakout Sessions

11:00 a.m. – 2:00 p.m. Well-Being Activities:

- Sound Bath Meditation - RSVP Required*
- Kayaking - RSVP Required*
- Moss Wall Art
- Make Your Own Essential Oil Roller Ball
- Complete the Key Player Survey

12:00 p.m. Taco Bar Lunch

1:45 – 2:00 p.m. Closing & Wrap-Up

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Well-Being@Work Updates

1. Reminder: the Well-Being Team has moved to the 3rd floor at 1145 Market Street.
2. Deadline for KP activities and fruit orders is November 4
3. New incentive items available for department led activities
4. Q2 Check-in with your Coordinator is December/January
5. Don’t forget to submit Spotlights
6. CCSF Employee Assistance Program (EAP) Services
7. Promote the Colorful Choices Challenge

Request Items for your Department









Submit your orders by Tuesday 11/3 using the [Request for Recreational Items Form] provided here if you'd like to secure one of the items featured.

Requests will be fulfilled based on product availability.

City and County of San Francisco

EAP

EMPLOYEE ASSISTANCE PROGRAM

WE'RE HERE *For You*

The City's EAP Is Alive & Well!

Quick Updates

From Senior EAP Counselor, Jeannette Longtin, LMFT #20579

City and County of San Francisco EAP

Your Senior EAP Counselors



Jeannette Longtin, Senior EAP Counselor,
MS, MBA CEAP, MFT License# 20579
First Responder Depts. Liaison
Certified Workplace Mediator
(415) 919-9718
Jeannette.longtin@sfgov.org



Douglas Cyr, Senior EAP Counselor,
MPA,CEAP, FAAETS MFT License# 43201
Certified Workplace Mediator
(415) 919-9613
Douglas.cyr@sfgov.org

- Now under DHR's Division of Health, Safety & Reasonable Accommodation
- Director, Dr. Fiona Wilson, Chief Physician for City & County Employees

City and County of San Francisco EAP

The Same Suite of Individual Services

- Six sessions, solution-focused counseling in a 12-month period per problem
- Consultation, Support, Advocacy, Navigation, & Referrals
- Confidential with legally mandated exceptions
- Free and voluntary
- In-person @ 1 SVN, 4th Floor or Teams

City and County of San Francisco EAP

The Same Suite of Organizational Services

- Consultation & Coaching
- Mediation
- Workshops, Trainings, EAP Orientations
- Critical Incident Response

City and County of San Francisco EAP

We're Glad to Hear From You!

The best way to reach a City & County Senior EAP Counselor

EAP@sfgov.org

You can also reach out to us at (628) 652-4600

Our external vendor, ComPsych can be reached after hours, on weekends, and holidays. If the phone rolls over to them during business hours, you can ask for a City & County Senior EAP Counselor.

WE'RE HERE *For You*


The Winner Is...
Colorful
CHOICES™
4-Week Healthy Eating Challenge



Citywide Challenge
Novmeber 16 - December 13, 2026

Presented by Erin Meloty-Kapella, Well-Being Program Coordinator

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Colorful CHOICES™



Challenge Demo Video

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Why Colorful Choices

By tracking colorful produce, participants build:

- Lifelong habits that boost energy
- Reduce health risks, and
- Foster community

The challenge is another tool supporting our SFHSS strategic plan goals by empowering employees, retirees, and families to maintain simple, healthy eating choices.

This free program aligns with our wellness priorities—making healthy routines accessible, fun, and sustainable for all.



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What's This Challenge All About?

1

It's Simple, Effective and Fun

The goal is not to deprive you of your favorite meals, but to help you maintain a balance between decadent winter comfort foods and vibrant vegetables or fruits to support your overall health.

Whether you plan to join a team or make this a solo mission, the 4-week challenge will inspire you to focus on healthy eating strategies starting November 16th.



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2

No calorie counting or complicated rules

Track your fruit and veggie servings, earn points, and access nutrition tips.



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3

Incredible Health Benefits

A diet rich in fruits and vegetables is exceptionally healthy: reduces health risks, increases energy, and brightens your outlook.



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IMPORTANT CHALLENGE DATES

Registration Begins	Launch	Wrap-Up	Last Day To Log	Evaluation Deadline
Mon, Oct 26, 2026	Mon, Nov 16, 2026	Sun, Dec 13, 2026	Sun, Dec 20, 2026	Sun, Dec 20, 2026



Colorful CHOICES™

Registration is Now Open

Sign up at https://sfhss.colorfulchoices.com





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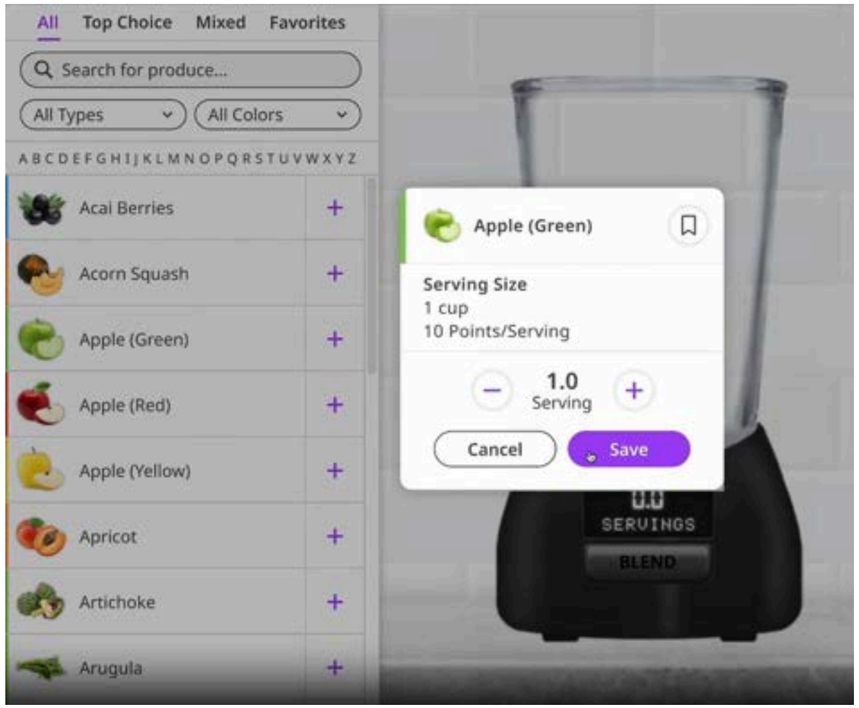


CHALLENGE GOALS

- 5% employee participation
- 50% of participants join a team
- 25% of participants report improvement in a healthy behavior from pre- to post-survey
- 30% post-survey completion rate

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HOW TO TRACK YOUR PRODUCE





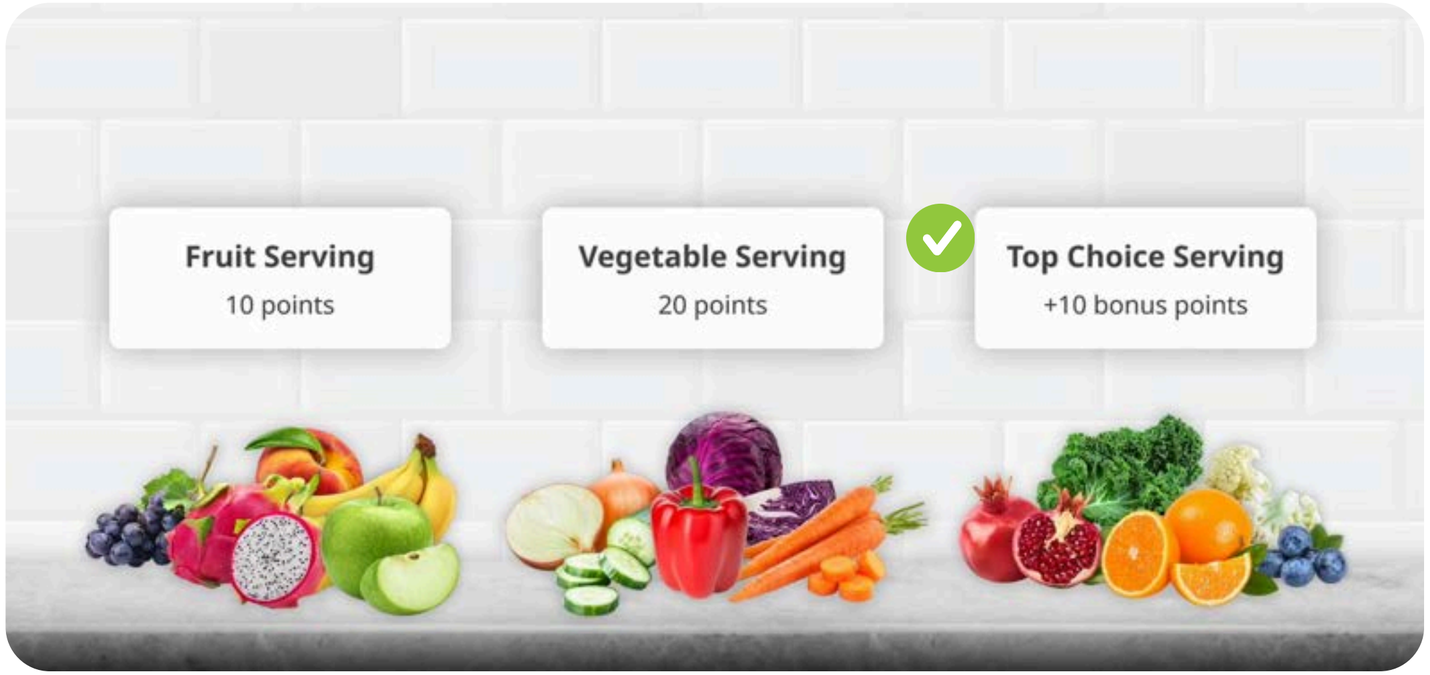
1. **Each time you consume a fruit or vegetable, record the serving and add it to your blender.**

2. **Once you're done, click "Blend" to view bands of color proportionate to your servings.**

HOW TO EARN POINTS

Colorful CHOICES

Goal: Earn a sticker (60 points) each day, 4 or more days a week, for a total of 16 stickers.





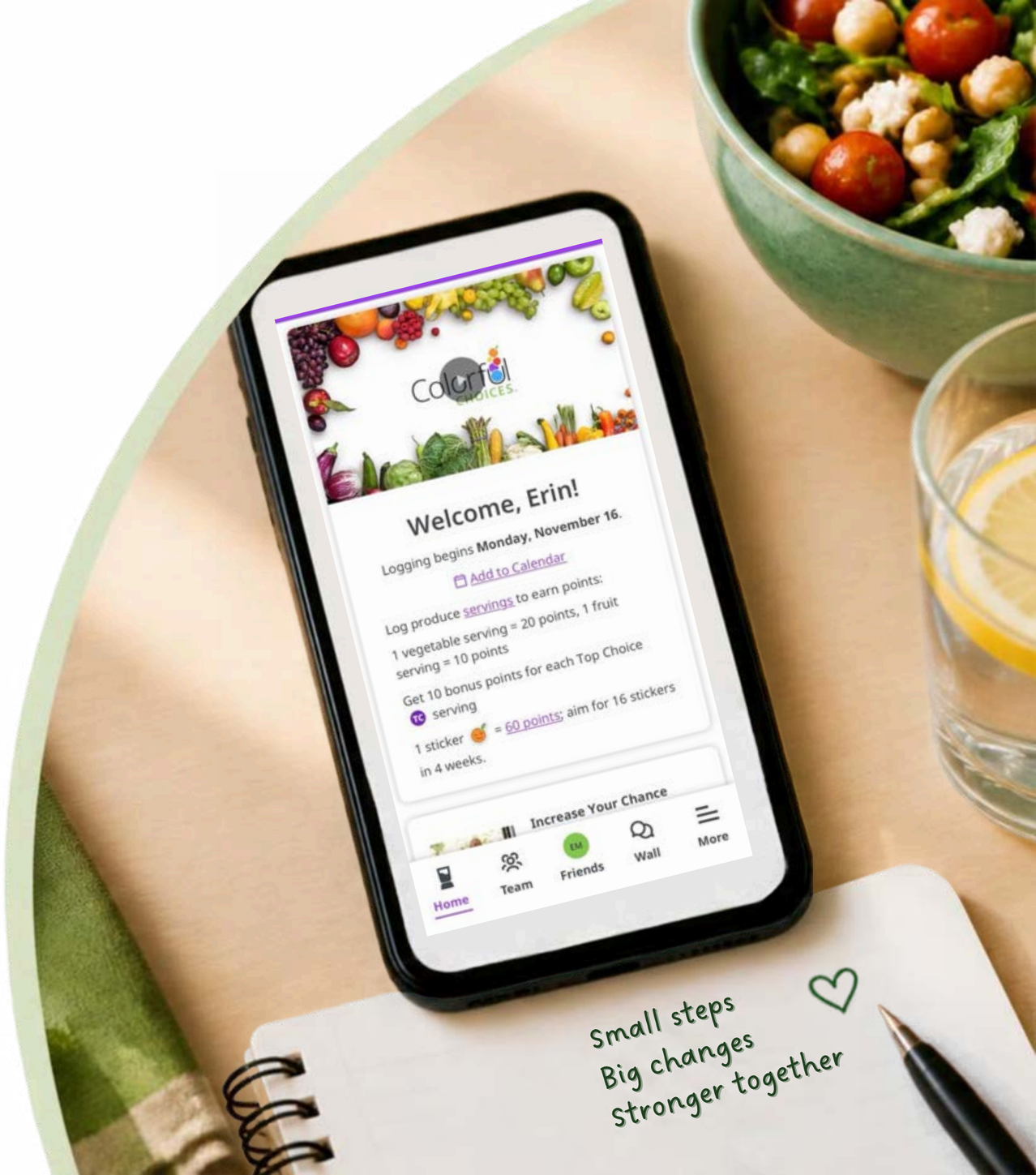
- You can record up to 18 choices per day and each serving is worth 10–30 points.
- Aim for all 5 colors—red, orange, yellow/white, green, and blue/violet—each day with a minimum of 3 vegetables.

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CHALLENGE FEATURES AND TOOLS

Download the App
Clear steps, quick sign-up, and easy to understand.

Available via the Apple Store or Google Play



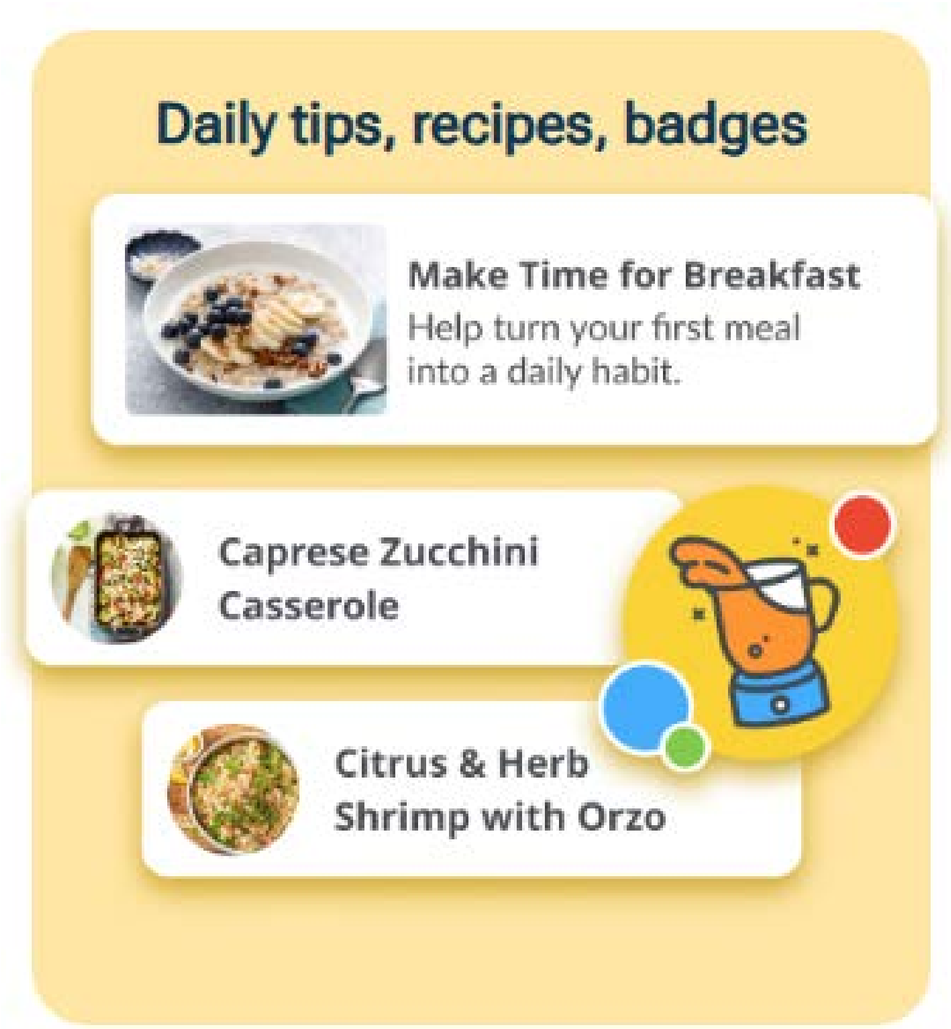
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CHALLENGE FEATURES AND TOOLS

Healthy Eating Resources

Access nutrition tips and wellness resources directly in the app including:

- **Over 200 healthy recipes to try**
- **Inspiring daily health tips**



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CHALLENGE FEATURES AND TOOLS

Create Teams
Invite 4-8 people to join you for the fun! Get support on the Wellness Wall, share your achievements, and discover delicious ways to add color to your plate.

Complete weekly team challenges for bonus points

Don’t forget to add your 3-letter department code to your team name.
(ex. HSS’s Berry Best or the DPH Mighty Mangoes)

Deadline to form teams: 11/27/26



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WAYS TO WIN PRIZES

Check out these opportunities to be entered into a raffle to win an individual or team prize

Individual Prizes:

(Potential raffle prizes featured in slide photos)

1. Register by November 16.
2. Log your fruit and vegetables at least 4 days a week.
3. Post on the Wellness Wall.
4. Meet the overall challenge goal (gaining 16 stickers).
5. Complete the end-of-program evaluation.

Team Prize:

(Fruit Guys Order)

1. Create a team by November 27.
2. Complete all 4 weekly team challenges.
3. Highest number of produce points earned.

Participants will have the chance to win nutrition and healthy eating-themed prizes and more!

SFHSS will notify winners by email in late January and coordinate prize distribution.



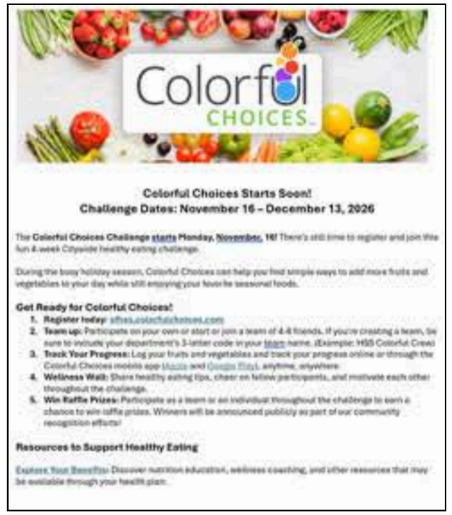
WAYS TO PROMOTE THE CHALLENGE

CITYWIDE EMAILS

October 19
Colorful Choices Challenge – “Coming Soon!”

October 26
Registration is Open

November 9
Colorful Choices Challenge Starts November 16


Colorful Choices Starts Soon!
Challenge Dates: November 16 – December 13, 2026

The **Colorful Choices Challenge starts Monday, November, 16!** There's still time to register and join this fun 4-week Citywide healthy eating challenge.

During the busy holiday season, Colorful Choices can help you find simple ways to add more fruits and vegetables to your day while still enjoying your favorite seasonal foods.

Get Ready for Colorful Choices!

1. **Register today:** sfhss.colorfulchoices.com
2. **Team up:** Participate on your own or start or join a team of 4-8 friends. If you're creating a team, be sure to include your department's 3-letter code in your team name. (Example: HSS Colorful Crew)
3. **Track Your Progress:** Log your fruits and vegetables and track your progress online or through the Colorful Choices mobile app (Apple and Google Play), anytime, anywhere.
4. **Wellness Wall:** Share healthy eating tips, cheer on fellow participants, and motivate each other throughout the challenge.
5. **Win Raffle Prizes:** Participate as a team or an individual throughout the challenge to earn a chance to win raffle prizes. Winners will be announced publicly as part of our community recognition efforts!

Resources to Support Healthy Eating

Explore Your Benefits: Discover nutrition education, wellness coaching, and other resources that may be available through your health plan.


Eat Colorfully. Earn Points. Have Fun!

The **San Francisco Health Service System (SFHSS)** invites you to join Colorful Choices, a fun 4-week Citywide online healthy eating challenge designed to help you add more colorful fruits and vegetables to your day.

With the holiday season approaching, Colorful Choices is a great way to explore healthy eating habits while still enjoying your favorite seasonal foods.

Challenge Dates: November 16 – December 13, 2026

Ready to add more color to your day?
Register today at sfhss.colorfulchoices.com

How Does the Challenge Work?
There's no calorie counting, weighing, or measuring! Log your fruit and vegetable servings to earn points and track your progress.

- **Eat Colorfully:** Aim for a variety of 5 colors each day: red, orange, yellow/white, green, and blue/violet.
- **Earn Points:** Get 20 points for each vegetable serving, 10 points for each fruit serving, and 10 bonus points for each Top Choice.
- **Reach Your Goal:** Earn 60 points in a day to collect a sticker. Aim for 16 stickers during the challenge.

Explore the Challenge Features

- **Healthy Recipes & Tips:** Discover simple ways to add more fruits and vegetables to your meals.
- **Mobile App:** Log your servings and track your progress anytime, anywhere.
- **Team Participation:** Participate on your own or start or join a team of 4-8 coworkers and friends.


The San Francisco Health Service System (SFHSS) is excited to notify you of the upcoming 4-week citywide well-being challenge, **Colorful Choices** running between **November 16 – December 13, 2026**.

With the holiday season approaching, this is a great way to explore healthy habits while enjoying your favorite seasonal foods—no calorie counting required! This online healthy eating challenge is designed to help you add more colorful fruits and vegetables to your day.

Stay motivated with coworkers, family, and friends through team participation and the Wellness Wall. Track your progress through the mobile app, receive healthy tips, earn points, collect stickers and be entered into a raffle to win prizes.

Registration Begins October 26. Register at sfhss.colorfulchoices.com and get ready to eat better, feel better, and nourish your well-being!

More details coming soon—get ready to add more color to your day!

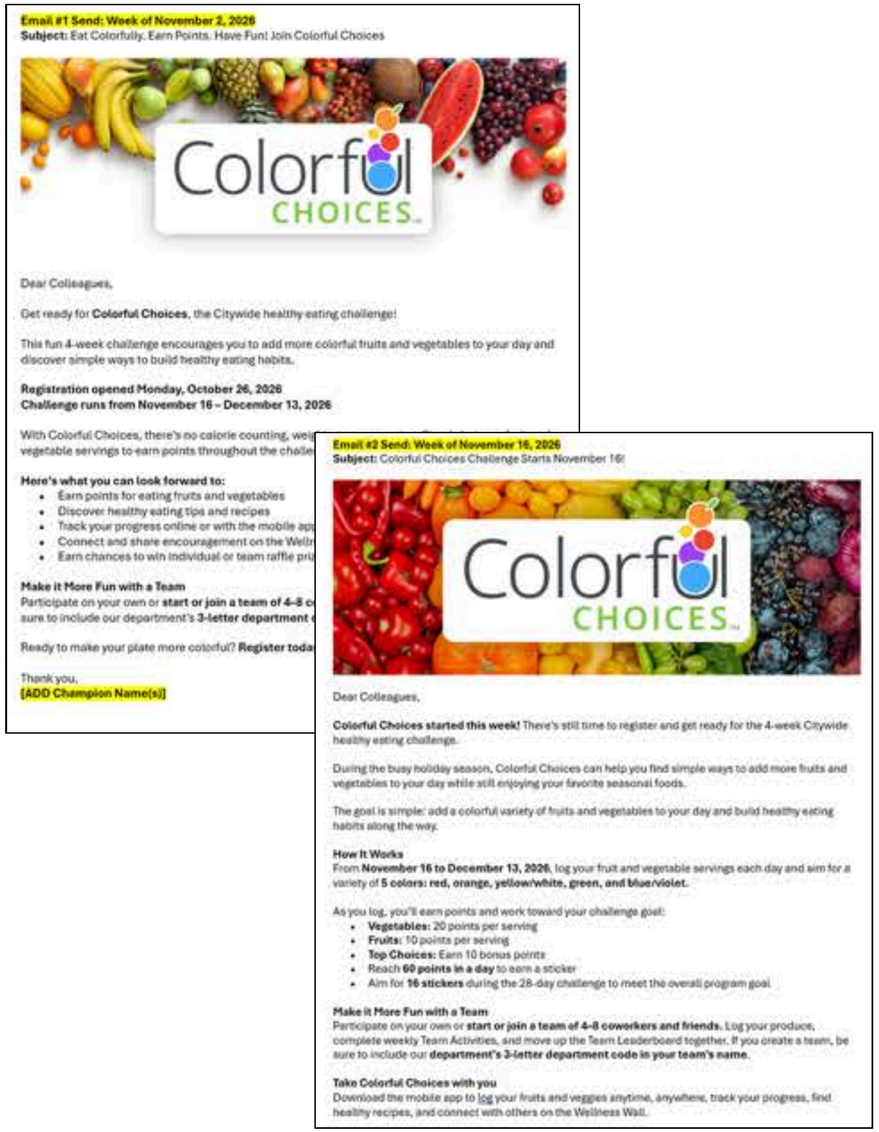
WAYS TO PROMOTE THE CHALLENGE

DEPARTMENT EMAILS

Week of 11/2
Join the Challenge

Week of 11/16
It's Not Too Late - Join the Challenge

[Colorful Choices Department Email Templates]



Email #1 Send: Week of November 2, 2026
Subject: Eat Colorfully. Earn Points. Have Fun! Join Colorful Choices

Dear Colleagues,

Get ready for **Colorful Choices**, the Citywide healthy eating challenge!

This fun 4-week challenge encourages you to add more colorful fruits and vegetables to your day and discover simple ways to build healthy eating habits.

Registration opened Monday, October 26, 2026
Challenge runs from November 16 – December 13, 2026

With Colorful Choices, there's no calorie counting, weig
vegetable servings to earn points throughout the challe

Here's what you can look forward to:
- Earn points for eating fruits and vegetables
- Discover healthy eating tips and recipes
- Track your progress online or with the mobile ap
- Connect and share encouragement on the Welln
- Earn chances to win individual or team raffle pri

Make it More Fun with a Team
Participate on your own or **start or join a team of 4-8 c**
sure to include our department's **3-letter department**

Ready to make your plate more colorful? **Register toda**

Thank you,
[ADD Champion Name(s)]

Email #2 Send: Week of November 16, 2026
Subject: Colorful Choices Challenge Starts November 16!

Dear Colleagues,

Colorful Choices started this week! There's still time to register and get ready for the 4-week Citywide healthy eating challenge.

During the busy holiday season, Colorful Choices can help you find simple ways to add more fruits and vegetables to your day while still enjoying your favorite seasonal foods.

The goal is simple: add a colorful variety of fruits and vegetables to your day and build healthy eating habits along the way.

How It Works
From **November 16 to December 13, 2026**, log your fruit and vegetable servings each day and aim for a variety of **5 colors: red, orange, yellow/white, green, and blue/violet.**

As you log, you'll earn points and work toward your challenge goal:
- **Vegetables:** 20 points per serving
- **Fruits:** 10 points per serving
- **Top Choices:** Earn 10 bonus points
- Reach **60 points in a day** to earn a sticker
- Aim for **16 stickers** during the 28-day challenge to meet the overall program goal.

Make it More Fun with a Team
Participate on your own or **start or join a team of 4-8 coworkers and friends.** Log your produce, complete weekly Team Activities, and move up the Team Leaderboard together. If you create a team, be sure to include our **department's 3-letter department code in your team's name.**

Take Colorful Choices with you
Download the mobile app to log your fruits and veggies anytime, anywhere, track your progress, find healthy recipes, and connect with others on the Wellness Wall.

WAYS TO PROMOTE THE CHALLENGE

PRINTED MATERIALS





[8.5x11 flyers]





[11x17 posters]



HSS SPONSORED ACTIVITIES

Healthy Eating Themed Webinars

Food Demo: Savory Casseroles	**11/16**	**12-1 pm**
Food Mood Connection	**11/16**	**12-1 pm**
The Truth About Sugars	**11/18**	**12-1 pm**
Holiday Eating	**11/18 & 11/23**	**12-1 pm**
Anti-Inflammatory Eating	**11/30**	**12-1 pm**
Plant Based Eating	**12/7**	**12-1 pm**
Food Demo: Comfort Foods	**12/9**	**12-1 pm**

sfhss.org/events

DEPARTMENT LED-ACTIVITIES

Consider Hosting Activities to Promote the Challenge:

- Kick-Off Event for CC with Fruit (place your orders now)
- Healthy Food or Salad Pot Luck
- Recipe Swap
- Farmer's Market Walk

Check out some of the Recent Spotlights for Inspiration:
sfhss.org/well-beingwork-spotlights



SFHSS NUTRITION BENEFITS & RESOURCES

Health Plan Benefits Include:

- Phone-Based & Face to Face Health Coaching
- Dietitian Support
- Diabetes Prevention
- Hypertension Prevention Strategies



https://sfhss.org/healthy-eating

Health Net is discontinuing and leaving California in Feb 2027.

SFHSS NUTRITION BENEFITS & RESOURCES



FARM FRESH TO YOU DISCOUNT

Farm Fresh To You delivers the season's best selection of fresh, organic produce and natural grocery products conveniently to your doorstep.

Save 10% on all your farm box deliveries by using promo code **SF10** during sign-up.

Start your deliveries at farmfreshtoyou.com

You can split your orders with friends or even other departments at your worksite. The more who enjoy the merrier!

NEXT STEPS

1. Post Colorful Choices flyers/posters by the week of 11/2
2. Promote the upcoming Citywide Healthy Eating webinars - ASAP
3. Send department email #1 for Colorful Choices the week of 11/2
4. Submit Your “Request for Recreational Items Form” by 11/3
5. Submit Remaining Fruit Orders and KP Activity Requests for the year by 11/4
6. Send department email #2 for Colorful Choices the week of 11/16
7. Continue to submit FY 2026-2027 Spotlights
8. Schedule FY 2026-2027 Q2 check-in meeting with your Coordinator for December/January
9. Post new EAP flyers with department update.


Colorful
CHOICES™
THANK YOU!