

Health Literacy & Well-Being

Live, Feel, Be Better Campaign &
Well-Being Resources

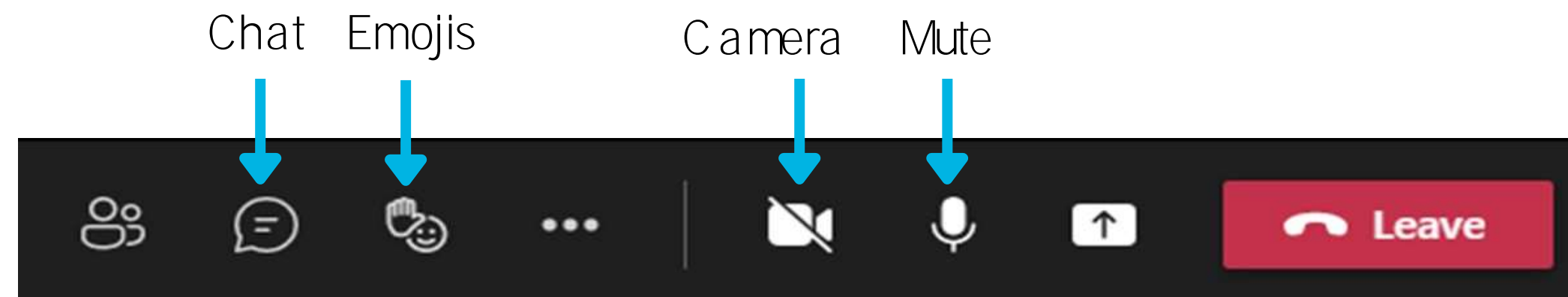
January 27, 2022



Tech Check

1. This session is being RECORDED
2. Please keep yourself on mute
3. Q&A –Send your questions through chat and we will address it
4. We will open for dialogue at the end of our webinar and stop recording

Teams Participant Controls

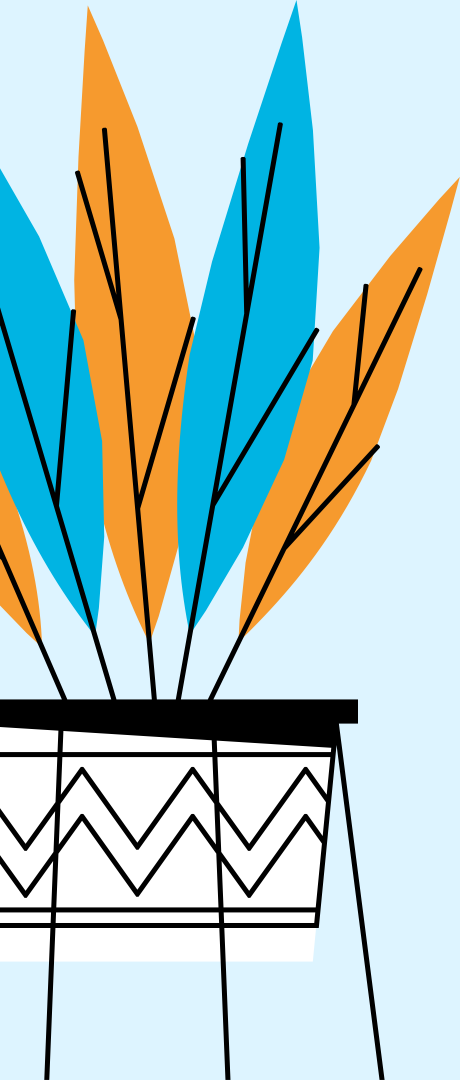
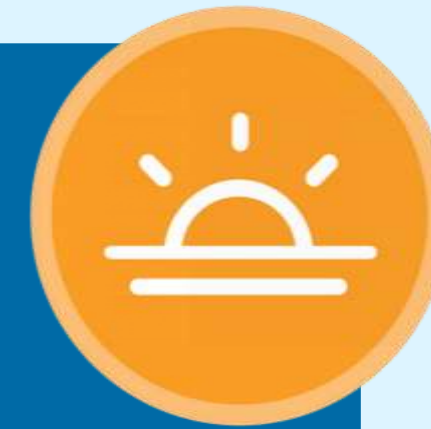


Agenda

- 1 W@W Updates
- 2 Health Literacy Overview
- 3 Live, Feel, Be Better Campaign
- 4 Blue Shield of California
Blue Shield Of California PPO Accolade
- 5 Health Net CanopyCare
- 6 Kaiser Permanente
- 7 Next Steps

Updates

- Check-in with Coordinators
- Spotlight Submissions
- Requesting Activities



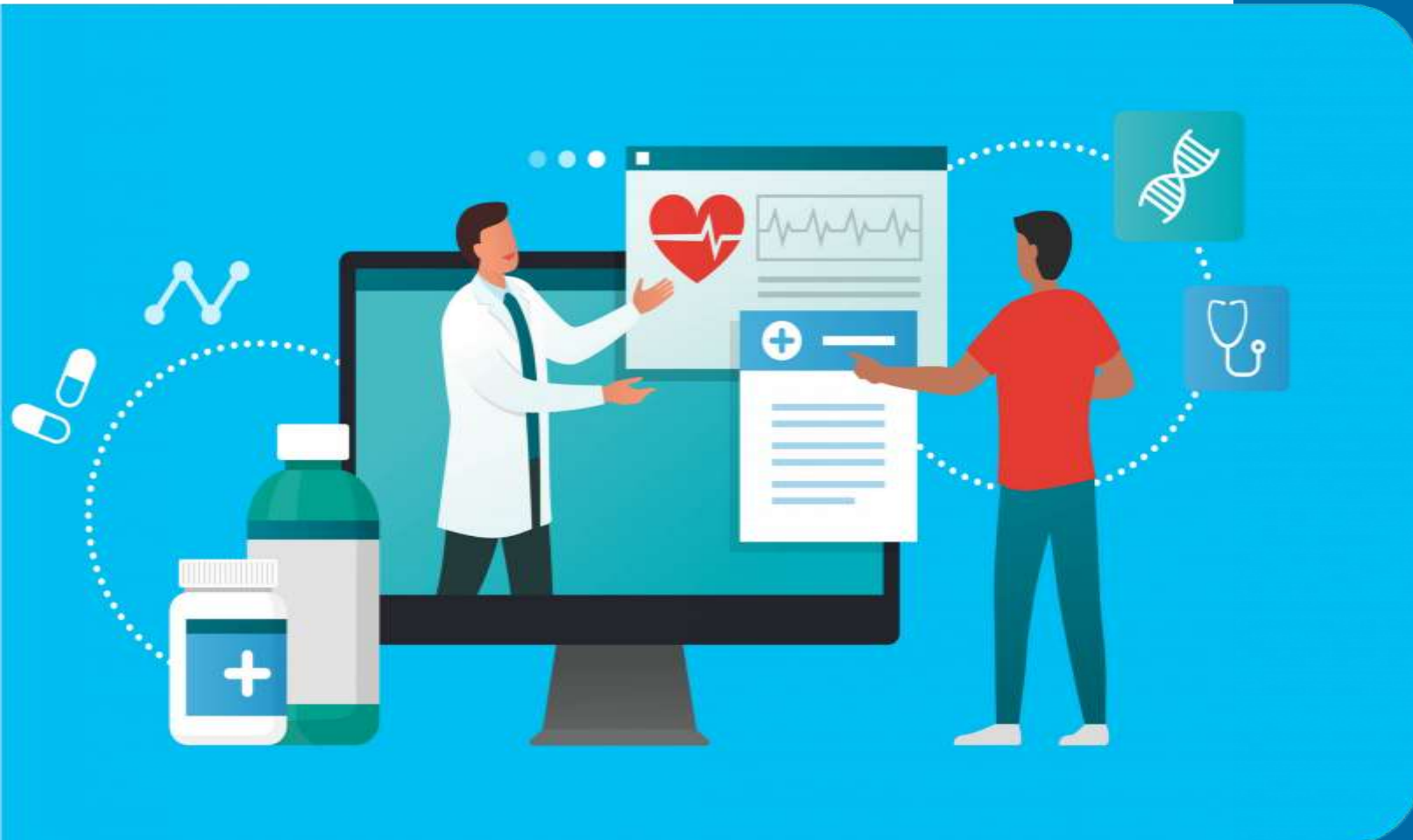
Health Literacy Overview

Lisa Ocampo, Well-Being Program Coordinator



What is Health Literacy?

Health literacy is an individual's ability to obtain, communicate, process, and understand basic health information and services needed to make appropriate health decisions.



Types of Health Literacy

Personal

Individuals have the ability to find, understand, and use information and services to make informed health-related decisions and actions for themselves and others.

Organizational

Organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

<https://health.gov/our-work/national-health-initiatives/healthy-people/healthy-people-2030>



Why is Health Literacy Important?

Nearly 9 out of 10 adults struggle with health literacy.

Even people with high literacy skills may have low health literacy skills in certain situations.



Why Health Literacy is Important?

People with higher health literacy skills are able to make informed health decisions and more likely to:



Use preventive and screening services

Knowledge about medical conditions

Can manage chronic diseases and medications



Lower rates of hospitalization

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Who is at Risk?

- Older adults
- Minority populations
- Low socioeconomic status
- Medically underserved people



Improve Health Literacy



1. Communicate clearly
2. Easy access to information
3. Provide resources and materials that are:
 - Easy to read
 - Use images and/or graphics
 - Short to the point
 - Comprehensive
 - Different languages



Accessing Health Information & Services

- Online records, appointments, lab results, prescription orders
- Communicate electronically
- Tele-counseling and Tele-health
- Virtual classes
- Well-being apps and trackers

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Make the Connection

Make it easy for people to navigate, understand, to use health and well-being information and services to take care of their health through your promotion efforts.

- Emails
- Newsletters
- Intranet/Employee Portal
- Website
- Flyers/Handouts
- All Staff Meetings



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HEALTH SERVICE SYSTEM**

Better Every Day.

Live, Feel, Be Better

Julisa Nunez, Assistant Health Educator



What is Live, Feel, Be Better?



1. Get Started

Take an assessment or schedule an appointment with your primary care physician to get your annual physical exam

2. Set a Goal

Get a healthy start to your year by creating a SMART goal for 2022

3. Get Support

Access support through your SFHSS benefits

Set a Goal

Get support setting your goals



Create SMART Goals

SMART Goals:

Specific, Measurable, Achievable, Realistic, Timely

Use SMART Goal Worksheet

Download worksheet to help you develop your goal
<https://sfhss.org/resource/lfbg-goal-worksheet>

Meet with a Lifestyle Coach

Set a goal with a coach, discuss progress and challenges, and get help with motivation.

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Get Support

Access support through your SFHSS benefits



Healthy Habits Program

- Maintaining healthy habits means making small changes that add up to big success

Diabetes Prevention Program

- The program can help you make lifestyle changes to lose weight, improve health, and reduce your risk for type-2 diabetes

Meet with a Lifestyle Coach

- Set a goal with a coach, discuss progress and challenges, and get help with motivation.

Mental Health and Emotional Well-Being Resources

- Employee Assistance Program – Free of charge counseling services to all active employees
- CredibleMind – A self-help navigation platform to help support your mental, emotional and spiritual well-being

Health Plan Benefits

- Access resources and programs that can help you with healthy living, mental health and emotional well-being.

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Get Support

Healthy Habits Program

Maintaining healthy habits means making small changes that add up to big success.

Led by a Lifestyle Coach who will provide guided discussions that impact healthy behaviors for nutrition, exercise, stress, and staying motivated.

- 6-Weeks
- Online 1-hour group
- Sessions Free

[HTTPS://SFHSS.ORG/WELL-BEING/HEALTHYHABITS](https://sfhss.org/well-being/healthyhabits)



Start Dates:

- Thursdays 2/17, 12:00-1:00pm
- Wednesdays 2/23, 5:00-6:00pm

[Register Today!](#)

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Get Support

Diabetes Prevention Program

Participating in the program can help you make lifestyle changes to lose weight, improve health, and reduce your risk for type-2 diabetes.

- 1 Year, FREE
- Online 1-hour group sessions
- Eligibility requirements

Start Dates:

- Tuesdays 2/22, 6:00pm-7:00pm
- Thursdays 2/24, 5:00pm-6:00pm

[HTTPS://SFHSS.ORG/DPP](https://sfhss.org/dpp)



Attend the one of the information sessions to learn more:

- 2/3, 5:00pm - 5:30pm
- 2/9, 12:00pm -12:30pm

[Register Here](#)

Get Support

Lifestyle Coach

Our Lifestyle Coaches have diverse backgrounds and expertise to help guide you with your wellness journey. Schedule a 20-minute appointment to learn about tips and tools to help get you started on your goal.

- Starts: 2/7 – 2/11, 10:00am-3:00pm
- FREE 20-Minutes Appointments
- Space is limited

[Schedule Today!](#)



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Get Support

Mental Health & Emotional Well-Being Resources

**EMPLOYEE
ASSISTANCE
PROGRAM**

WE'RE HERE *For You*

<https://sfhss.org/eap>



CredibleMind

<https://sfhss.org/crediblemind>

[HTTPS://SFHSS.ORG/LFBB2022](https://sfhss.org/lfbb2022)

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Get Support

SFHSS Health Plan Benefits


<https://sfhss.org/using-your-benefits>



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Live Feel Be Better 2022




Focus on What Matters Most to You
Skip the unrealistic goals and focus your attention on healthy habits you can work on all year long.

- **Get Started:** Take an assessment through your health provider or meet with your physician to get your annual physical exam.
- **Set a Goal:** Get a healthy start to your year by creating a SMART goal for 2022.
- **Get Support:** Access support through your SFHSS benefits.

Prioritize Your Health in 2022:


Get Started Learn more about your health. Take an assessment through your health provider.



Health Assessments

- HealthNet Canopy Care: To access the RealAge Test <https://www.healthnet.com/sharecare-590>
- Kaiser Permanent: Visit kp.org/2022 and Click "Start health assessment"
- BSC HMO (Access + and Trio): Visit blueshieldca.com or A support to live your healthiest life. Go to www.wellvolution.com
- CredibleMind (Mental Health): Click [here](#) to learn more about your mental health profile

Set a Goal Develop a SMART goal that will help you focus on what matters most to you.



Get Started with Goal Setting

The key to a healthy start is creating a SMART goal that can help keep you accountable.

SMART Goals:

- Specific
- Measurable
- Achievable
- Realistic
- Timely

Download [SMART Goal Worksheet](#) to develop a goal that works for you.

Website

LIVE FEEL BETTER REGISTER TODAY!

START THE YEAR WITH SMART GOALS



Lifestyle Coach – appointments are telephonic and will provide you with an opportunity to discuss challenges and ideas on how to stay motivated with your goal. Whether it's improving sleep habits, finding work-life balance, getting better with time management, being more active, or adding more leafy greens to each meal – the Coach can help!
[Schedule a FREE 20-minute appointment today!](#)

- Meet with a Coach for one-on-one support on goal setting and learn about tips and tools to help get you started on your healthy habits.
- Appointments available from **February 7 to February 11 (M-F, 10am-3pm)**

GET SUPPORT WITH YOUR GOALS

We have programs that can help you achieve your wellness goals. In both programs, you'll receive support through a group format and a dedicated Lifestyle Coach. **Save your spot and register today!**



Diabetes Prevention Program – Join this one-year program led by a Lifestyle Coach who will provide tools and support through group discussions focused on preventing the risk of type-2 diabetes.

- Meets Tuesdays, beginning February 15 (6pm-7pm)
- Meets Thursdays, beginning February 17 (5pm-6pm)



Healthy Habits Program – Join this 10-week program led by a Lifestyle Coach. Participants will create realistic and sustainable goals and learn how to stay motivated in maintaining healthy habits all-year long.

- Meets Thursdays, beginning February 17 (12pm-1pm)
- Meets Wednesdays, beginning February 23 (5pm-6pm)


Get Started: sfhss.org/lfb2022

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LFBB Flyer

Email #1 January 4 (Monday)

Subject line: Live, Feel, and Be Better in 2022



Focus on Healthy Habits that Matter

[Live, Feel, Be Better in 2022](#) and focus your attention where you need it the most.

The New Year can be a great time to focus on small positive changes that help cultivate mental and physical health. This year, focus on a healthy habits that are meaningful to you, and get support to keep working on that goal all year long. Take steps by

1. GET STARTED
2. SET A GOAL
3. GET SUPPORT

Focus on What Matters Most to You:


GET STARTED: Take an assessment through your health provider or meeting with your physical to get your annual physical exam.

| | | | | |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| | HealthNet Canopy Care | Kaiser Permanente | BSC HMO (Access + and Trio) | CredibleMind (Mental Health) |
| Assessment | Download the Sharecare App to get started https://www.healthnet.com/sharecare-app | Visit kp.org/2022 and Click "Start health assessment" | Visit blueshieldca.com Access support to live your healthiest life. Go to www.wellvolution.com | Click here to learn more about your mental health profile. |

Visit us at sfhss.org/lfb2022

Well-Being Team
Better Every Day
San Francisco Health Service System
well-being@sf.gov

Better Every Day programs and resources are available to employees, retirees, and their families to promote practicing healthy habits. Find all details and resources at <https://sfhss.org/well-being/> brought to you by the San Francisco Health Service System (SFHSS) Well-Being Division.

Better Every Day. 

Emails

SFHSS Well-Being Benefits and Resources

Blue Shield of CA HMO & PPO Acolade Members

Wellbeing is a digital platform for health and well-being that offers over 50 apps and programs to help you achieve your health goals – at no extra cost. You choose the areas to focus on:

- Prevent and reverse disease
- Sleep better
- Eat better
- Tobacco cessation
- Exercise more
- Weight Management Programs
- Manage stress

Free Access to Mental Health & Emotional Well-Being Apps

- Headspace – Learn meditation and mindfulness to reduce stress and boost mood.
- Ginger – Get expert mental health care online, when you need it. (HMO members access via Wellvolution & PPO members access via Acolade)

Get started at wellvolution.com or call (866) 671-9644 today!

blue of california Well-Being Discounts

Fitness Your Way
Get access to 10,000+ fitness centers nationwide for just \$25 per month. Visit fitnessyourway.blueshieldca.com or call (855) 295-8397.

Alternative Care Services
Save on alternative healthcare services from practitioners participating in the ChoseeHealth program.

- Acupuncture
- Chiropractic
- Therapeutic Massage

Visit blueshieldca.com/learn to learn more.

healthnet Well-Being Discounts

Get member discounts for health-related services and products. Learn more here www.healthnet.com.

Weight Management Programs
Weight Watchers – [weightwatchers.com/us/healthnet](https://www.weightwatchers.com/us/healthnet)
Jenny Craig – [jennycraig.com/healthnet](https://www.jennycraig.com/healthnet)

Active&Fit Direct
Offers membership discounts 1,000+ fitness centers, including select YMCA locations. The cost is just \$25 a month (plus a one-time \$25 sign-up fee and taxes).

ChoseeHealth Program
Get a 25% discount on acupuncture, chiropractors, massage therapists. Visit the ChoseeHealth store to buy health and well-being products or a discount.

Free Access to myStrength and amede

- **myStrength** – Online tool to help you manage stress, anxiety, chronic pain, and more. Track your health, enjoy activities, and become inspired.
- **amede** – Pre-diabetes and weight management digital program that creates a personalized plan and provides one-on-one support to help you focus on healthy habits.

Learn more at www.healthnetcalifornia.com or call (833) 448-3042.

Kaiser Permanente Members

Explore well-being resources and programs that help guide you on how to live a healthier tomorrow. Stay healthy and thrive with these free lifestyle programs and online classes at kp.org/classes:

- Eating healthy
- Sleep better
- Weight management
- Reduce stress
- Online Classes
- Tobacco cessation

Free Access to Mental Health & Emotional Well-Being Apps Visit kp.org/well-being-apps.

- **Calm** – Practice meditation and mindfulness to help lower stress, anxiety, and improve sleep.
- **myStrength** – Online tool to help you manage stress, anxiety, chronic pain, and more. Track your health, enjoy activities, and become inspired.

To learn more visit kaiserpermanente.org/health/wellness or contact your local facility for more information.

Kaiser Permanente Well-Being Discounts

ClassPass – Get unlimited on-demand video workouts at no extra cost and reduced rates on real-time online and in-person fitness classes. Learn more at kp.org/exercises.

ChoseeHealth Program
Get reduced rates on a variety of fitness products, massage therapy, Active&Fit Direct gym, and well-being services through the ChoseeHealth program. Learn more at kp.org/choseehhealth.

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Benefits Flyer

<https://sfhss.org/resource/sfhss-well-being-benefits-flyer>
<https://sfhss.org/live-feel-be-better-2022-promotions>

Next Steps



Raise awareness of available well-being resources and benefits



Promote Live, Feel, Be Better Campaign and upcoming support programs



Keep health literacy top of mind when sending, sharing, or writing communications



Q&A

Thank you

