

## Create a RECHARGE Culture

### Promote City-Sponsored Benefits

#### Employee Assistance Program

The Employee Assistance Program (EAP) is dedicated to significantly contributing to a healthier work environment and employee well-being. Offering a variety of confidential counseling, consultation, coaching & education services, EAP counselors are licensed therapists with many years of diverse experience in mental health, business and as City employees.

#### Employee Mental Health and Substance Abuse Benefits

Using your benefits is the first step to taking care of your health. SFHSS members can access stress management and mental health resources and benefits through the health plans. [View benefits today!](#)

#### WageWorks: Commuter Benefits

Do you commute to work? Enroll in the City and County of San Francisco's Pre-Tax Commuter Benefits Program! Taking the bus, ferry, train or vanpool promotes healthy lifestyles while reducing traffic and air pollution. For more information visit: [WageWorks](#)

#### Employee Fitness Resources and Discounts

Focus on fitness your way. Whether you're looking to lose weight, get healthy, reduce your stress or increase your energy—knowing your resources is a great first step. Check out the negotiated rates we've identified and find the gym nearest you to start getting more movement into your day. For more information visit: [Fitness Center Discounts](#)

#### Catherine Dodd Wellness Center

Visit the Catherine Dodd Wellness Center to participate in a variety of well-being events and activities. Activities at the Wellness Center include group exercise classes, educational seminars, coaching and biometric screenings. Registration may be required, and participation may be limited--- check out what's happening today! For more information visit: [Wellness Center](#)