

# YOUR HEALTH BY THE NUMBERS

Screen Early. Stay Informed. Stay Well.

Carrie Beshears, Well-Being Manager

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# Agenda

1. Well-Being@Work Updates
2. Your Health by the Numbers Campaign
3. Campaign Activities and Programs
4. Communication and Promotional Materials
5. Next Steps

# Well-Being@Work Updates

1. New 2026 SFHSS Sponsored Activities:
  - ComPsych and KP Trainings
2. Submit Spotlights - <https://sfhss.org/well-beingwork-spotlights>
3. Get a head start and schedule Q3 March Check-in
4. Department/Coordinator transitions

# New Trainings



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Download the 2026 ComPsych training catalog: <https://sfhss.org/resource/compsych-trainings>

## Management Support

- From “Me” to “We”: Build High-Performing Teams By Strengthening Relationships, page 12
- High-Impact Feedback: On the Spot, On the Floor, page 13
- The Impacts of Job Insecurity on Employee Engagement & Well-Being, page 14
- Leadership in High-Pressure Situations, page 15
- Storytelling for Leaders: Turning Vision into Buy-In, page 24

## Personal Development

- Building Habits that Support a Growth Mindset, page 109
- The Benefits of saying “Yes,” page 108
- Combat Boots to Business Shoes: Thriving After Military Service, page 111
- The Emotions Surrounding Wills And End-Of-Life Planning, page 121
- Intention-Setting to Transform Your Life, page 130

## Resilience

- I Thought I Could Retire By Now: Managing The Emotions Of Delayed Retirement, page 176

## Behavioral Health and Wellness

- How Physical Pain Can Impact Your Mental Health, page 229
- Improving Social Wellness to Boost Mental Health, page 232

## Family and Relationships

- Responding To Narcissism, page 271



# New Trainings



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Download the Activities Description List: <https://sfhss.org/resource/well-being-activities-description-list>

## Mental Health and Well-Being Workshops

- Dementia & Alzheimer's – Understand these conditions, recognize symptoms, and learn practical, evidence-based strategies to support brain health.
- Sleep & Women's Health – Understand how menopause and perimenopause affect sleep, and practice tools to improve sleep hygiene and enhance relaxation for better sleep.

## Nutrition Workshops

- Anti-Inflammatory Eating – Discover foods that reduce inflammation in the body and promote overall health. Includes discussion of diets high in whole plant foods, healthy fats, and fermented items, and that stabilize blood sugar.
- Food-Mood Connection – Understand the concept of nutritional psychology – how food affects your mood – and explore the connection between mind & diet. Includes discussion of diets that lower the risk of mood swings, fatigue, and depressive symptoms.

## Multi-Session Workshop Series

- Lifestyle Medicine Program (7 sessions) – Address 6 core topics of building a healthy lifestyle: 1) nutrition, 2) physical activity, 3) stress management, 4) sleep, 5) social connections, and 6) avoidance of risky substances, in a group cohort setting. Includes weekly individual coaching.
- Women's Healthy Aging Series – Multiple sessions that cover menopause & perimenopause, healthy sleep, preventative care, caregiver self-care, and stress management. Tailored for women's midlife years.

# Your Health by the Numbers Campaign



# Your Health by the Numbers

## Screen Early. Stay Informed. Stay Well.

### **Your Numbers, Your Health 2026: Information Today Empowers Healthier Decisions Tomorrow.**

SFHSS Well-Being is launching a new campaign at the beginning of 2026, which kicks off with several biometric screening events across the city for our members. Following the screenings, members will have opportunities to take action and participate in various well-being programs to support their health.

These include:

- Wellness Coaching
- Diabetes Prevention Program (DPP)
- Healthy Habits Program
- Webinars and Classes

# Campaign Goals & Objectives

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## Goal 1: Drive members to get their preventive health screenings

- Achieve an average of 80% participation at worksite screenings.
- Bring awareness to individuals' biometric numbers.

## Goal 2: Drive Engagement in Behavior Change Programs

- Connect members to appropriate wellness programs
- Achieve strong participation
- Support measurable improvements in health indicators



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# Goal #1

## Drive members to get their preventive health screenings



# What is a Biometric Health Screening?

A quick, non-fasting health check (15–20 minutes) that helps you understand your key health numbers and how they compare to healthy ranges.

At a Health Screening event, each participant receives their biometric results for the following:

- Total cholesterol
- HDL, LDL, and TC/HDL ratio
- Triglycerides
- Glucose (via finger stick)
- Blood pressure
- Height, weight, BMI, waist circumference, and body fat %



# Why is Knowing Your Numbers Important?



Knowledge is power



Make informed decisions



Prevents chronic diseases



Supports your overall well-being

# Common Mistakes in Maintaining a Healthy Lifestyle

1

**Unhealthy Diets:** Avoid unbalanced food intake.

2

**Sedentary Lifestyle:** Insufficient physical activity and prolonged sitting.

3

**Lack of Sleep:** Ignoring the importance of adequate sleep.

4

**Neglecting Health Check-ups:** Not scheduling regular health evaluations.

# Steps to a Healthier You

## Balanced Diet

Eat nutritious foods such as fruits, vegetables, proteins, and whole grains.

## Hydration

Drink plenty of water daily.

## Quality Sleep

Aim for 7-9 hours of sleep per night.

## Routine Health Checkup

Have regular medical check-ups.



# Screening Locations

- 9 open health screening locations (available to all employees and retirees)
- 17 closed health screening locations (restricted to employees with site access)

Open Events	Closed Events	
<p>2/10 - CPC 49 SVN*</p> <p>2/12 - HSS 1145 Market*</p> <p>2/24 - PUC Millbrae</p> <p>3/5 - RPD County Fair Building*</p> <p>3/4 - ASR 1455 Market</p> <p>3/5 - HSA 170 Otis*</p> <p>3/25 - DPH Laguna Honda Hospital*</p> <p>3/31 - CON City Hall*</p> <p>4/1 - ZSFG Wellness Center</p>	<p>2/4 - PUC 525 Golden Gate*</p> <p>2/4 - SFPD Headquarters*</p> <p>2/11 - SFPD Ingleside Station*</p> <p>2/11 - DEM 1011 Turk</p> <p>2/17 - PRT Pier 1</p> <p>2/18 - SFPD Mission Station*</p> <p>2/20 - MTA Flynn</p> <p>2/23 - MTA MME</p> <p>2/25 - SFPD SOB</p>	<p>3/4 - SFO Airport</p> <p>3/6 - LIB Main*</p> <p>3/11 - PUC-WWE 750 Phelps</p> <p>3/11 - MTA Kirkland</p> <p>3/12 - DAT 350 Rhode Island*</p> <p>3/17 - PRT Pier 50</p> <p>3/18 - TIS 200 Paul Ave</p> <p>3/24 - HSH 440 Turk</p>

\*Health plan vendors may be in attendance

# Participant Experience



## Station #1

Registration and  
Check-in

## Station #2

Height, Weight, Waist  
Circumference, Body Fat %,  
and BMI

## Station #3

Blood Pressure, Total  
Cholesterol, HDL, Glucose &  
Review Results



# Goal #2

## Drive Engagement in Behavior Change Programs

# Wellness Coaching Series

Schedule a 1:1 virtual coaching appointment to boost motivation and support healthier habits. A coach will help you set goals, overcome challenges, and stay on track.

## Benefits of Coaching:

- **Convenient.** All appointments are conducted on Microsoft Teams.
- **Flexible.** Appointments are based on your schedule.
- **Non-Judgmental.** Coaches accept and acknowledge wherever you are in the change process.
- **Tailored.** Sessions are based on your readiness to make a change.

## How to schedule an appointment:

1. Visit <https://wellness-event.kaiserpermanente.org/signup/sfhss>
2. Choose a series
3. Schedule 3 appointments
  - **Series 1 - Thursdays, 2/19, 3/5, 3/19, 11:00 am - 4:00 pm**
  - **Series 2 - Wednesdays, 3/4, 3/18, 4/1, 10:00 am - 3:00 pm**
  - **Series 3 - Tuesdays, 3/31, 4/14, 4/28, 12:00 pm - 5:00 pm**



## Topics that you can discuss include:

- Sleep Hygiene
- Staying Motivated
- Stress Management
- Work-life Balance
- Nutrition
- Physical Activity

# Healthy Habits Program

It's how you feel every day—inside and out.

Healthy habits start with small changes that lead to lasting results. Whether you want to feel more confident, manage weight, support your family's health, or reduce health risks, the Healthy Habits Program offers tools to help you succeed.

Join this 6-week program led by a Wellness Coach, featuring guided small-group discussions on nutrition, physical activity, stress management, and motivation.

- **Cohort #1 - Wednesdays, 12:00-1:00 pm, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18**
- **Cohort #2 - Wednesdays, 12:00-1:00 pm, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16**
- **Cohort #3 - Wednesdays, 12:00-1:00 pm, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6**

Registration link: <https://wellness-event.kaiserpermanente.org/signup/sfhss>





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# Diabetes Prevention Program (DPP)

## Program Features:

- Virtual program
- Attend 26 one-hour sessions over 12 months
- Work with a small group (8-16 people) led by a trained Lifestyle Coach
- Participation is voluntary and free
- For more information, visit [sfhss.org/dpp](https://sfhss.org/dpp)

## Two Cohorts Starting March

Wednesdays, March 18 - 6:30-7:30 pm

Thursdays, March 19 - 12:00-1:00 pm

## Attend an informational session:

February 25, 5:30-6:00 pm - [RSVP](#)

March 6, 12:30-1:00 pm - [RSVP](#)

## Complete the DPP Interest Form online:

[form.jotform.com/202447410364044](https://form.jotform.com/202447410364044)

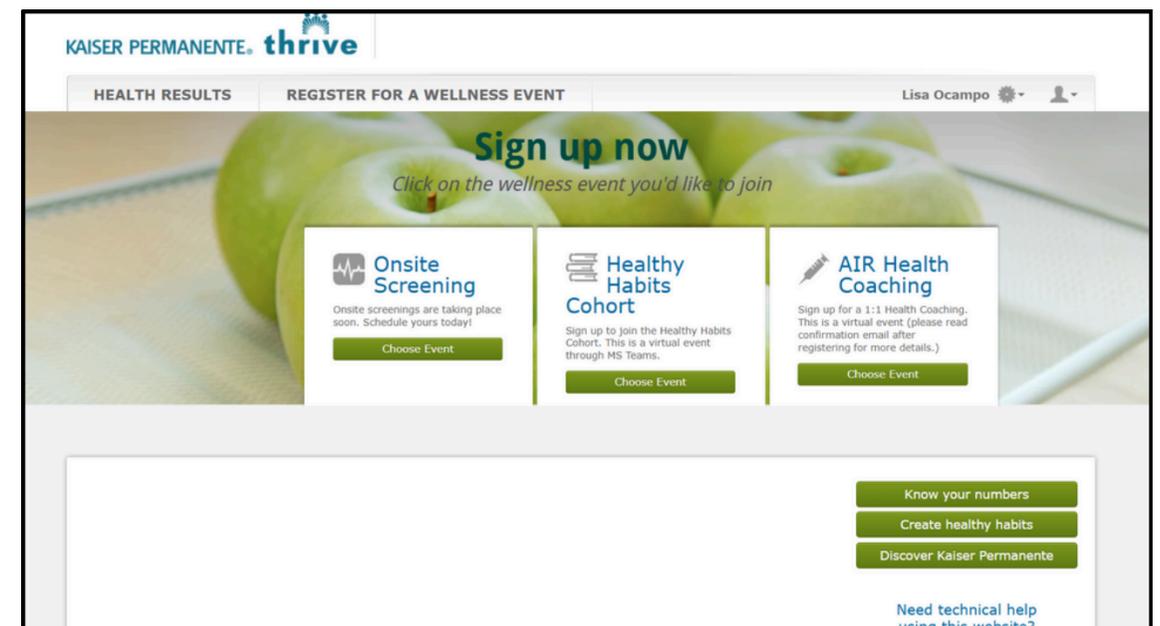
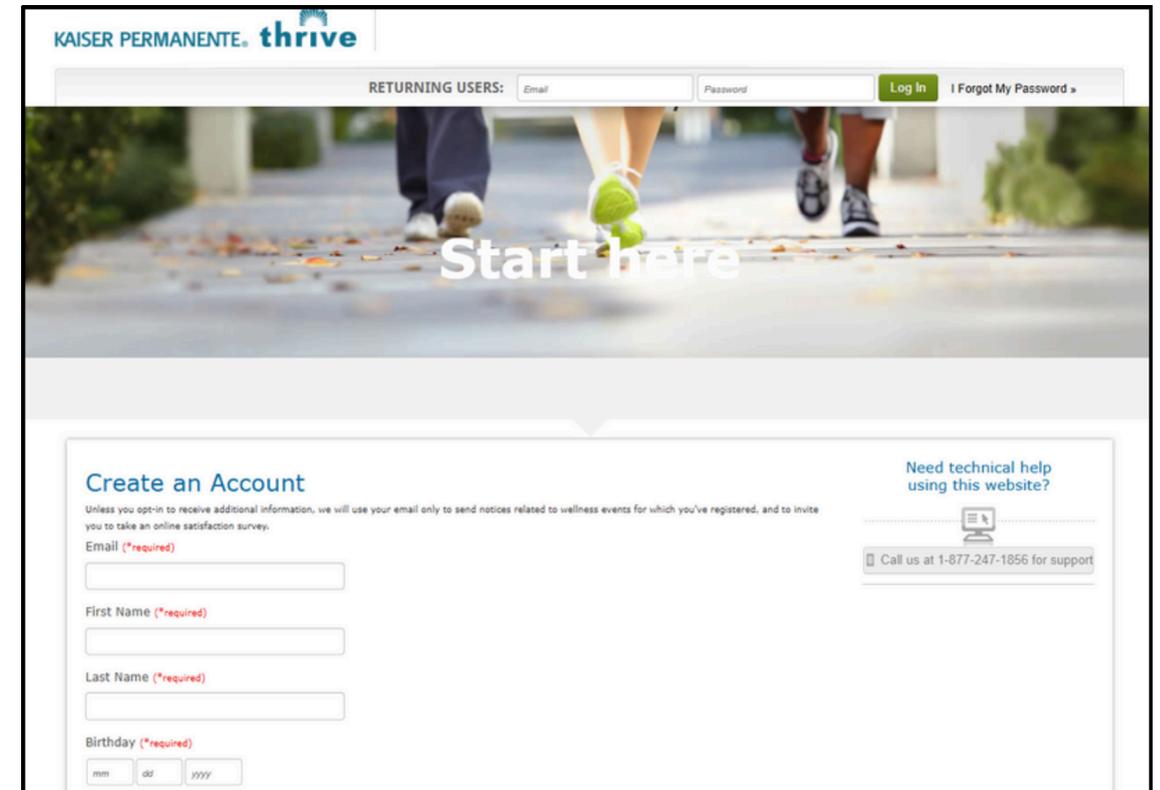
# KP Online Scheduler

## Sign Up for the Following Programs Using the Online Scheduler:

- Health Screening Appointments
- Healthy Habits Program
- Wellness Coaching

## Registration Steps:

- Use Mozilla Firefox or Google Chrome
- Visit <https://wellness-event.kaiserpermanente.org/signup/sfhss>
- New Users: Create an account
- Returning Users: Log in with your credentials
- Select the event you wish to register for
- After registering, you will receive a confirmation email and a calendar hold





# Online Scheduler

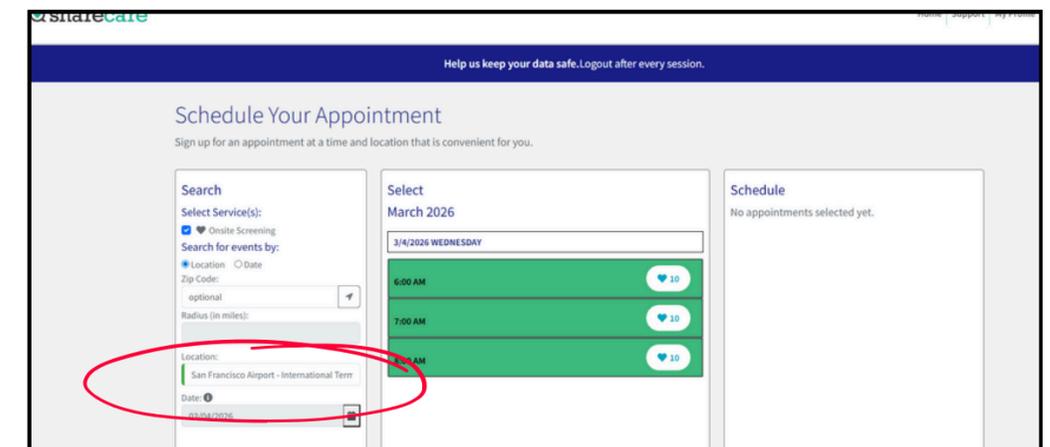
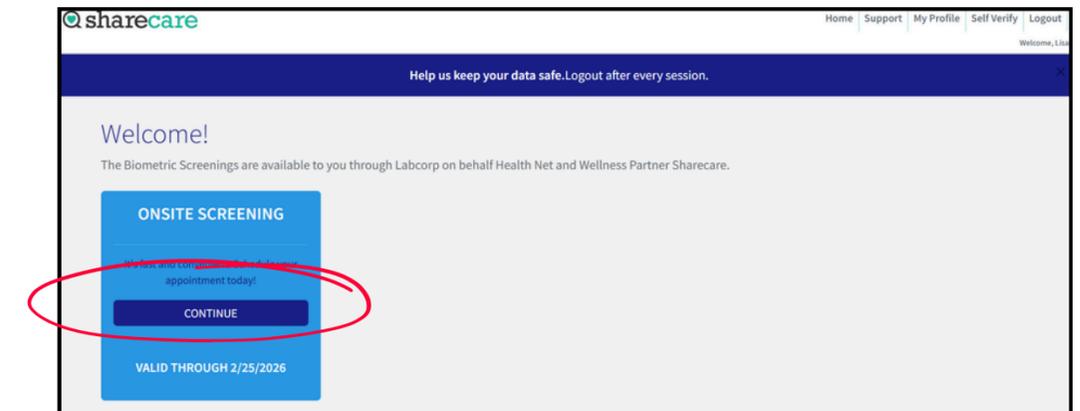
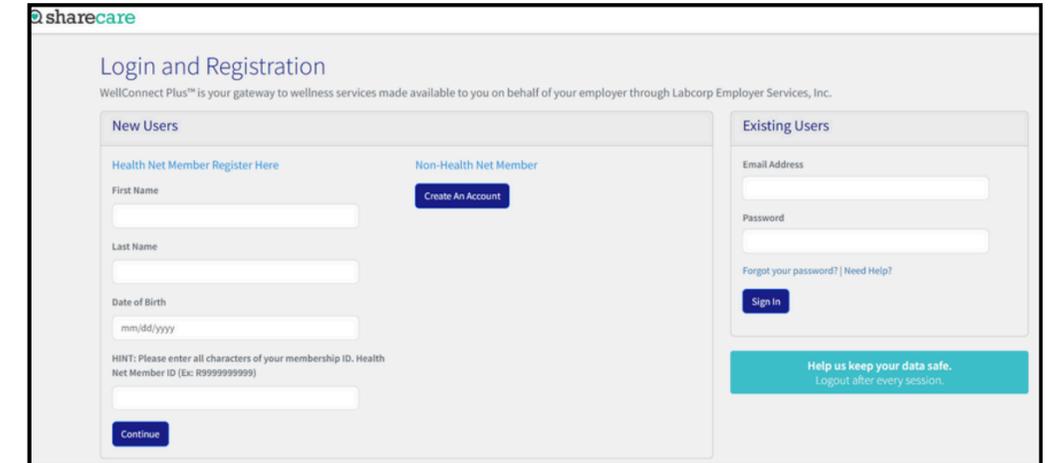
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## Health Net is supporting screenings for the following departments: AIR, RPD, and SFPD

How to Participate in a Health Net Biometric Screening  
To register, visit:

[https://www.wellconnectplus.com/?compa\\_ny=GXUG3X](https://www.wellconnectplus.com/?compa_ny=GXUG3X)

- Health Net Members: Enter your information and select Continue
- Non-Health Members: Select Create an Account and follow the steps
- **Enter “SFHSS” as the Visitor Access Code.**
- Complete registration and select “Onsite Screening” tile
- Search for an appointment by location and date
- Choose an available time, select “Schedule Appointment” and confirm.
- After registering, you will receive a confirmation email and a calendar hold



# Webinars

New webinars every month.  
Visit <https://sfhss.org/events>

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## February

- 2/4 - Dietary Approaches to Stop Hypertension (DASH)
- 2/11 - Living Heart Healthy
- 2/12 - Developing Will Power and Self-control for Behavior Change
- 2/18 - Plant-Based Eating
- 2/18 - The Heart of Well-Being
- 2/20 - Yum! Meal Prep Demo: Heart Healthy Foods
- 2/25 - Take Control of Your Diabetes
- 2/26 - Emotional Eating: The Connection Between Mood and Food
- 2/26 - Be Heart Smart: Millennials to Baby Boomers

## March

- 3/3 - Healthy Lifestyles: Changing the Way You Think About Diet and Exercise
- 3/4 - Building Healthy Meals
- 3/11 - Get Moving, An Introduction to Exercise
- 3/13 - Yum! Meal Prep Demo: It's All About Greens Food
- 3/18 - Barriers to Regular Physical Activity
- 3/25 - Reading Food Labels



# Exercise Classes

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Tuesday's Yoga (online) - 5:30-6:15 pm

Wednesday's Yoga @ City Hall - 12:10-12:55 pm

# Request SFHSS Sponsored Activities



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Our well-being activities are designed to engage employees, encourage healthy behavior change, and support overall health and productivity.

## Planning timelines

- Please allow at least 8 weeks' lead time to request an activity for your department.
- When selecting topics, consider your employees' needs and demographics.
- Requests for customized or tailored content require up to 90 days' advance notice.

## How to request an activity

1. Review the [activity list](#) or visit [sfhss.org/well-being/WB-activities](https://sfhss.org/well-being/WB-activities) to learn more.
2. Complete the online [Activity Request Form](#).
3. After submission, an SFHSS Well-Being Coordinator will contact you to confirm details.

## Changes and cancellations

Any cancellations or event changes must be made at least 10 business days before the scheduled event date.

# Recommended Activities to Request

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## BLOOD PRESSURE WORKSHOP

## MENTAL HEALTH WORKSHOPS

## HEALTHY EATING WORKSHOPS

## PHYSICAL ACTIVITY WORKSHOPS

## DIABETES WORKSHOPS



“Living Heart  
Healthy”  
  
“Stroke Prevention”

“Stress Less”  
  
“Self-Compassion”

“Building Healthy  
Meals”  
  
“Food-Mood  
Connection”

“Fitting It In! Tips for  
Regular Activity”  
  
“The Next Step - Exercise  
at a Higher Level”

“Take Control of Your  
Diabetes”  
  
“Pre-Diabetes”



“Dietary Approaches  
to Stop Hypertension”

“Look Around How  
Your Environment  
Influences Weight  
Loss Success”

“Portion Control and  
Mindful-Based Eating”  
  
“Barriers to Eating  
Healthy”

“Fitting It In! Tips for  
Regular Activity”  
  
“Barriers to Regular  
Physical Activity”

“Reading Food Labels”



“Learning to  
Relax”

“Languishing, Flourishing,  
and Your Mental Health”

“Healthy Food Choices  
on the Go”

“Deskercise! Taking  
Care of Your Body  
During the Workday”

“Mental Health Impacts  
of a Medical Diagnosis”

“Breathing  
Techniques to  
Relieve Stress and  
Improve Health”

“Using Guided Imagery for  
Wellness and Stress  
Reduction”

“Eating Healthy on a  
Budget”

“The Joy of  
Movement”

“Healthy Lifestyles:  
Changing the Way you  
Think About Diet and  
Exercise

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# Host Department Led Activities

Departments are encouraged to host department-led activities to support the Your Health by the Numbers campaign, helping reinforce key messages, increase participation, and promote a culture of preventive health.

If you'd like support with planning, your Coordinator is a great resource—please don't hesitate to reach out.

## February Holidays and Health Observances

- Black History Month
- Cancer Prevention Month
- Heart Health Month – National Wear Red Day is 2/6
- Lunar New Year
- Valentine's Day



# Participate and Win Prizes



## Join the **Wear Red** Challenge Friday, February 6

Show your support for the American Heart Association's Go Red for Women movement by wearing red to raise awareness about heart disease, the leading cause of death for women.

Participate virtually or in person—on your own or with colleagues—and enter a raffle for a chance to win well-being prizes.

### **How to participate:**

- Wear red on Friday, February 6
- Take a photo and email it to [Well-Being@sfgov.org](mailto:Well-Being@sfgov.org) (include your name, email, and phone number for raffle entry)
- Share the challenge with others

**Submit by February 15 to be entered into the raffle.**

## **Your Health by the Numbers Raffle**

Get screened and be entered to win!



Take charge of your health—participate in a worksite health screening and be entered into a raffle for a chance to win a Lunch Kit or other wellness prizes.

### **How to participate:**

- Attend a worksite health screening event
- Receive a raffle ticket and provide your email
- You will be notified by email if you win

# Wear Red Day Challenge Flyer

**Download flyer**

<https://sfhss.org/resource/wear-red-challenge-flyer-2026>

## Join the Wear Red Day Challenge

February 6, 2026

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[sfhss.org/well-being](https://sfhss.org/well-being)



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# Campaign Communications



**STAY  
HEALTHY**

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# Screening Flyers



**LIVE  
FEEL  
BETTER**

## **YOUR HEALTH BY THE NUMBERS**

**SCREEN EARLY. STAY INFORMED. BE WELL.**

SFHSS is launching *Your Health by the Numbers*, beginning with biometric screenings across the city. These screenings offer valuable insights into your blood pressure, glucose, cholesterol, and other health indicators. All active City employees and retirees are welcome to participate.

Your results will connect you with personalized well-being resources, helping you to take meaningful steps toward better health throughout the year.

**DATE:** February 4, 2026

**TIME:** 11:00 a.m. to 4:00 p.m.

**LOCATION:**  
SFPD Headquarters  
1245 3<sup>rd</sup> Street, Room 1025

**REGISTER TODAY:**  
Go to [sfhss.org/your-health-numbers](https://sfhss.org/your-health-numbers) or scan the QR code below to get started!



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**LIVE  
FEEL  
BETTER**

## **YOUR HEALTH BY THE NUMBERS**

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Your results will connect you with personalized well-being resources, helping you to take meaningful steps toward better health throughout the year.

**DATE:** February 12, 2026

**TIME:** 9:00 a.m. to 2:00 p.m.

**LOCATION:**  
SFHSS Well-Being Office  
1145 Market Street, 2<sup>nd</sup> Floor

**REGISTER TODAY:**  
Go to [sfhss.org/your-health-numbers](https://sfhss.org/your-health-numbers) or scan the QR code below to get started!



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# Website

<https://sfhss.org/your-health-numbers>

The screenshot shows the website's navigation bar with links for 'ABOUT US', 'BOARD', 'EVENTS', and 'MAKE A PAYMENT'. The main header includes 'SAN FRANCISCO HEALTH SERVICE SYSTEM' and categories like 'SFHSS BENEFITS', 'ENROLLMENT CHANGES', 'EMPLOYEE ASSISTANCE PROGRAM', and 'WELL-BEING'. The page title is 'Your Health by the Numbers'. The main content area features a banner image with a blood pressure monitor, stethoscope, dumbbells, and a measuring tape. Below the banner, the text reads: 'Screen Early. Stay Informed. Stay Well. Prioritize your health and make 2026 the year you invest in your well-being. By knowing your health numbers, you can take preventive action, ask the right questions, and partner with your doctor to stay well. Understanding your health today helps you protect your future and make smarter, healthier decisions—starting now.'

**1. Get Started** Get screened and attend a worksite health screening event near you. One of the simplest ways to take charge of your health is by knowing your key health numbers.

*(You do not need to be a Health Net or Kaiser Member to participate.)*

**OPEN SCREENING EVENTS**

These events can be attended all active city employees and retirees of the San Francisco four employer groups.

- **February 10, 9am-3pm:** 49 South Van Ness, Rm. 132, Register [HERE](#)
- **February 12, 9am - 3pm:** 1145 Market St., 2nd Floor, Register [HERE](#)
- **March 4, 10am - 2pm:** 1455 Market St., 2st Floor, Register [HERE](#)
- **March 5, 11am - 3pm:** County Fair Building, 1199 9th Ave., Garden Club Room, Register [HERE](#)
- **March 5, 9am - 2pm:** 170 Otis St., Borne Auditorium, Register [HERE](#)
- **March 25, 10am - 2pm:** 375 Laguna Honda Blvd., **INSERT ROOM**, Register [HERE](#)
- **March 31, 9am - 1pm:** SF City Hall, 1 Dr Carlton B Goodlett Pl, Rm. 305, Register [HERE](#)
- **April 1, 10am - 2pm:** ZSFG 1001 Potrero Avenue, Bldg. 5, Room 2D35, Register [HERE](#)

**CLOSED SCREENING EVENTS**

These are only open to employees who have access to that location/building.

The following departments will be hosting one or more closed health screening events:  
**AIR, DAT, DEM, DPH, HSH, LIB, MTA POL, PRT, PUC, and DT.**

For registration details, please reach out to your Well-Being Champion or the SFHSS Well-Being Team for more information.

**2. Take Action** Take the next step by engaging in programs and activities that support a healthier, more active, and more informed you—today and for the years ahead.

**[Meet With A Wellness Coach](#)**

Meet with a coach for one-on-one support on goal setting for three sessions. Schedule a 20-minute virtual appointment to learn about tips and tools to help get you started on your goal.

**[Engage In A Healthy Habits Program](#)**

Join this 6-week program led by a Wellness Coach who will provide guided small group discussions that impact healthy behaviors for nutrition, exercise, stress, and staying motivated.

**[Learn If You Qualify For The Diabetes Prevention Program](#)**

A one-year online program that connects you with a lifestyle coach, helps you reach a healthier weight, improve health and reduce risk for type 2 diabetes.

**[Download The Calendar Events](#)**

Get the full list of programs and activities being offered in support of the Healthy by the Numbers Campaign this February and March.

# Emails

**Email #1**

**Send Date:** Wednesday, 1/21 @ 3pm

**Subject Line:** Your Health by the Numbers: Screen Early. Stay Informed. Stay Well.

**Body of Email:**



**Your Numbers, Your Health 2026: Information today empowers healthier decisions tomorrow.**

Make 2026 the year you invest in your health. Understanding your key health numbers and the resources available to you can help you take preventive action, ask the right questions, and partner with your doctor to stay well.

**Step 1: Know Your Numbers**  
Attend a biometric health screening near you to learn important health numbers like blood pressure, cholesterol, blood sugar, BMI, and more, and identify next steps for prevention and wellness. Visit <https://sfhss.org/your-health-numbers> to find a health screening near you.

**Step 2: Take Action**  
SFHSS Well-Being offers free programs and activities to support your well-being throughout the year, including:

- **Meet with a Wellness Coach** – schedule 3 virtual One-on-One sessions to set goals and get personalized guidance. **Participate in Physical Activity Classes** – check out [upcoming events](#) to support movement, strength, and energy.

Citywide Email #1 - January 22  
Citywide Email #2 - February 4



**Subject Line:** Your Numbers, Your Health 2026 – Get Screened

Hello **<INSERT DEPARTMENT>** Colleagues,

Understanding your health is an important step toward long-term well-being. Knowing your key health numbers can help you identify potential risks early, guide conversations with your doctor, and support informed decisions that protect your health over time.

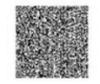
SFHSS is launching *Your Health by the Numbers*, beginning with biometric screenings across the city to support employee well-being and promote preventive care. These screenings provide insights into blood pressure, glucose, cholesterol, and other key health indicators to help you better understand your current health status and identify next steps.

To support this effort **<INSERT DEPARTMENT>** will be hosting an onsite health screening event.

**EVENT DETAILS**

- Date: **<INSERT>**
- Time: **<INSERT>**
- Location: **<INSERT>**
- **Raffle:** All participants who complete a health screening will be entered into a raffle to win prizes!

[Scan the QR Code and Register Today!](#)



After your screening, connect with personalized well-being resources, helping you to take meaningful steps toward better health throughout the year. Including:



- **Meet Virtual, One-on-One with a Health Coach** – set goals and get personalized guidance. Schedule three sessions today.
- **Participate in Physical Activity Classes** – check out to support movement, strength, and energy.
- **Engage in Educational Webinars** – learn about key health topics and steps improve your well-being.
- **Join a Healthy Habits Programs** - turn small changes into lasting routines.
- **Learn if You Qualify for the Diabetes Prevention Program** - make healthy changes to your lifestyle, lose weight, improve your overall health, and lower your risk of developing type-2 diabetes.

Information today empowers healthier decisions tomorrow.

In health,  
**<INSERT SIGNATURE>**

Department Specific Emails

# Events Calendar



SAN FRANCISCO HEALTH SERVICE SYSTEM Better Every Day.		February 2026 Calendar of Events Visit <a href="https://sfhss.org/events">sfhss.org/events</a> for more details			YOUR HEALTH BY THE NUMBERS	
Monday	Tuesday	Wednesday	Thursday	Friday		
2 • Yoga – Hatha (Virtual) <a href="#">12PM</a>	3 • Yoga (Virtual) <a href="#">5:30 PM</a>	4 • Webinar: <a href="#">Dietary Approaches to Stop Hypertension</a> (Virtual) 12 PM • Yoga at City Hall (In-Person) <a href="#">12:10 PM</a>	5	6		
9 • Yoga – Hatha (Virtual) <a href="#">12PM</a>	10 • Health Screening: <a href="#">“Know Your Numbers” Health Screening</a> (49 South Van Ness) 9 AM-3 PM • Yoga (Virtual) <a href="#">5:30PM</a>	11 • Webinar: <a href="#">Living Heart Healthy</a> (Virtual) 12 PM • Yoga at City Hall (In-Person) <a href="#">12:10 PM</a> • Webinar: <a href="#">New Year, New Financial Me: Get Tax-Ready &amp; Master Your Money</a> (Virtual) 1 PM • Healthy Habits: <a href="#">Cohort 2/11-3/18</a> (Virtual)	12 • Health Screening: <a href="#">“Know Your Numbers” Health Screening</a> (1145 Market St.) 9 AM-2 PM • Webinar: <a href="#">Developing Will Power and Self-Control for Behavior Change</a> (Virtual) 12 PM	13		
16 • Yoga – Hatha (Virtual) <a href="#">12PM</a>	17 • Yoga (Virtual) <a href="#">5:30PM</a>	18 • Webinar: <a href="#">Plant Based Eating</a> (Virtual) 12 PM • Webinar: <a href="#">The Heart of Well-Being</a> (Virtual) 12 PM • Yoga at City Hall (In-Person) <a href="#">12:10 PM</a>	19 • Employee Resource Group: <a href="#">Caregivers</a> (Virtual) 1PM • Wellness Coaching <a href="#">Series 1: 2/19, 3/5, 3/19</a> (Virtual) 11AM-4 PM	20 • Webinar: <a href="#">Yum! Meal Prep Demo: Heart Healthy Foods</a> (Virtual) 12 PM		
23 • Yoga – Hatha (Virtual) <a href="#">12PM</a>	24 • Screening: <a href="#">“Know Your Numbers” Health Screening</a> (1000 El Camino Real, Millbrae) 7AM-12:30 PM • Yoga (Virtual) <a href="#">5:30PM</a>	25 • Webinar: <a href="#">Take Control of Your Diabetes</a> (Virtual) 12PM • Yoga at City Hall (In-Person) <a href="#">12:10 PM</a> • Diabetes Prevention Program- <a href="#">Info Session #1</a> (Virtual) 5:30 PM	26 • Webinar: <a href="#">Emotional Eating: The Connection Between Mood and Food</a> (Virtual) 12 PM • Webinar: <a href="#">Be Heart Smart Millennials to Baby Boomers</a> (Virtual) 12:30 PM	27		

Download, print, and share:

<https://sfhss.org/resource/your-health-numbers-events-calendar>

# Program Flyers



**STARTING MARCH 2026**  
**DIABETES PREVENTION PROGRAM**

**Join an Info Session:**  
Wednesday, February 25: 5:30–6:00pm  
Friday, March 6: 12:30–1:00pm

**Reduce your risk!**

The San Francisco Health Service System (SFHSS) and the YMCA are partnering to offer two Diabetes Prevention Programs (DPP).

This year-long program, developed by the Centers for Disease Control and Prevention (CDC), helps participants make lasting lifestyle changes, lose weight, improve overall health, and lower their risk of type 2 diabetes.

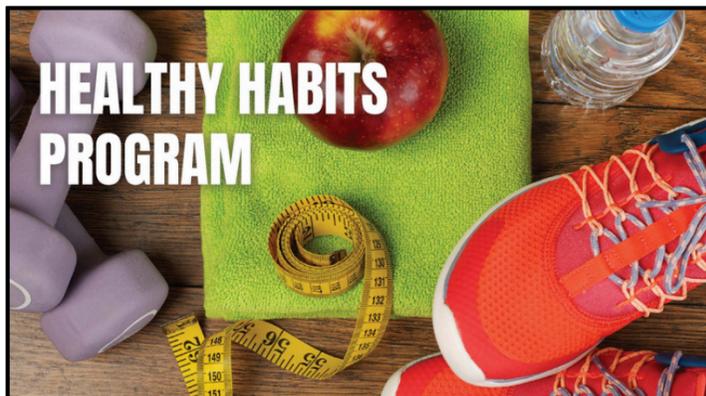
**Program Features:**

- Cohort #1: Wednesdays, Starts 3/18 6:30-7:30pm
- Cohort #2: Thursdays, Starts 3/19: Noon-1:00pm
- Attend 26 one-hour online sessions over 12 months
- Work with a small group (8-16 people) led by a trained Wellness Coach
- Participation is voluntary and free
- To register for an info session or to learn more, visit [sfhss.org/dpp](https://sfhss.org/dpp)

Complete the [DPP interest form online](#)

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[sfhss.org/dpp](https://sfhss.org/dpp)



**HEALTHY HABITS PROGRAM**

Healthy habits start with small changes that lead to lasting results. Whether you want to feel more confident, manage weight, support your family's health, or reduce health risks, the Healthy Habits Program offers tools to help you succeed.

Join this 6-week program led by a Wellness Coach, featuring guided small-group discussions on nutrition, physical activity, stress management, and motivation.

**Space is limited, [register today!](#)**

**Join one of three cohorts being offered:**

1. Wednesdays, Starting 2/11 from 12-1pm
2. Wednesdays, Starting 3/12 from 12-1pm
3. Wednesdays, Starting 4/1 from 12-1pm

**Program Details:**

- 6-week program, one-hour virtual sessions
- Topics discussed include motivation, stress, healthy eating, physical activity, and goal setting
- Group discussions led by a trained Wellness Coach
- Participation is voluntary and free.

Visit [sfhss.org/well-being/HealthyHabits](https://sfhss.org/well-being/HealthyHabits) to learn more.

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**Wellness Coaching**

**Beginning in February 2026**  
Discover ways to make lasting lifestyle changes.

Schedule a 20-minute virtual meeting with a Wellness Coach to help you tap into your motivation so you can strengthen your commitment to take action. They'll work with you to eat healthier, be more physically active, reduce stress, and improve sleep habits.

**Coaching Highlights**

- Personalized Guidance
- Get Support
- Goal Setting
- Sustainable Habits
- Positive Mindset
- Holistic Approach

Sign up for three 1:1 Wellness Coaching sessions. This is a virtual event, a Teams link will be shared in a follow-up email after registering.

You do not need to be a KP member to participate.

**Schedule Today!**  
Questions? Visit [sfhss.org/wellness-coaching](https://sfhss.org/wellness-coaching)

**SAN FRANCISCO HEALTH SERVICE SYSTEM**  
Better Every Day.

[SFHSS.ORG/WELL-BEING](https://SFHSS.ORG/WELL-BEING)

## Download Flyers

<https://sfhss.org/resource/diabetes-prevention-flyer-q12026>

<https://sfhss.org/resource/healthy-habits-cohorts-2026>

<https://sfhss.org/resource/wellness-coaching-cohorts-2026>

# Use Your Benefits

Discover Wellvolution®, Blue Shield of California’s digital platform that personalizes your path to better health with clinically proven programs for mind and body.



## How it works:

1

### Create a Wellvolution account

Visit [Wellvolution.com](https://www.wellvolution.com) to get started and confirm that you’re qualified to receive the program at no extra cost.

2

### Get programs

Pick one or more health goals you’d like to work on and receive recommendations for the best program(s) for your needs. You can make your choice and get started.

3

### Become a healthier you

With the assistance of your program, begin making healthier choices about diet, exercise, sleep, stress, and your overall health.

## Programs available

Emotional well-being	Headspace® and Headspace Care™ (formerly Ginger) are now available as 12-month programs to help manage sleep, stress, anxiety, and depression, and boost resilience. <sup>1</sup>	
Diabetes prevention	Coaching and digital tools like a Fitbit® <sup>2</sup> to track your success across a 12-month program for losing weight, feeling healthier, and reducing your risk of chronic disease.	
Diabetes care and hypertension	Programs up to 18 months for treating common conditions, such as diabetes, hypertension, and heart disease. Receive digital tools to help manage and monitor risk as appropriate for each condition.	
Weight management	Get a personalized plan, clinically proven to help you create better eating and fitness habits and lose weight through access to a 12-month program.	
Tobacco and vaping cessation	Programs include nicotine replacement therapy in the form of a patch, lozenge, or gum. A two-month supply can be delivered to your home.	
Physical therapy and fitness	Personalized digital therapy and health programs to reduce pain and increase strength. No matter your pain level or where it hurts, we have a program for you.	
Healthy living	Discover ways to enhance your longevity with the Blue Zones Challenge™ app. Adopt the sustainable living practices of the world’s longest-living populations by eating wisely, moving naturally, and connecting more with others and one’s life purpose.	

Visit [sfhss.org/using-your-benefits](https://sfhss.org/using-your-benefits) to learn more.

# Use Your Benefits

Kaiser Permanente offers a variety of expert-led classes and programs designed to help you achieve your health and wellness goals. You can sign up for in-person, over-the-phone, and online wellness programs and courses.

- Healthy Eating
- Fitness and Exercise
- Weight Management
- Mental Health
- Diabetes Prevention and Management
- Pain Management
- Sleep
- Women's Health
- Pregnancy
- Parenting
- Life Care Planning

To find a program or class near you, visit [healthy.kaiserpermanente.org/northern-california/health-wellness/classes-programs](https://healthy.kaiserpermanente.org/northern-california/health-wellness/classes-programs) and enter your zipcode.



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YOUR  
HEALTH  
BY THE  
NUMBERS

## Take the Total Health Assessment

Learn your personal health score and get recommendations for making positive steps towards better health. Visit [healthy.kaiserpermanente.org/health-wellness/health-assessment](https://healthy.kaiserpermanente.org/health-wellness/health-assessment)

## Preventive Care

Follow the recommended screenings for your age. Log in to your account to see what's due at [kp.org/mydoctor/whatsdue](https://kp.org/mydoctor/whatsdue) today.

Visit [sfhss.org/using-your-benefits](https://sfhss.org/using-your-benefits) to learn more.

# Use Your Benefits

The Health Net wellness program gives you access to wellness tools and resources to help you manage and improve your health.

## Health Support Programs

Health Net offers specialized services to support physical and mental health, prevent illness, and help you stay healthy longer—so you get the right care at the right time.

To learn more about these services, visit [healthnet.com/content/healthnet/en\\_us/population-health-management.html](https://healthnet.com/content/healthnet/en_us/population-health-management.html)

Visit [sfhss.org/using-your-benefits](https://sfhss.org/using-your-benefits) to learn more.



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HEALTH  
BY THE  
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## Health Net Sharecare Wellness Rewards Program

Reward yourself for taking an active role in your health! Learn how to earn up to \$100 in incentives by participating in different wellness programs and activities.

Start today and [take the online RealAge® test](#)

# Next Steps:

1. Send a department-wide email to promote the campaign the week of February 2
2. Print and distribute Health Screening flyers
3. If hosting a screening, post and share event materials 3-4 weeks before the event date
4. If not hosting a screening, email [well-being@sfgov.org](mailto:well-being@sfgov.org) to request flyers
5. Request SFHSS-sponsored events
6. Plan and launch department-led activities
7. Share department spotlights

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**Thank  
You!**

