

2017 ALAMEDA COUNTY EMPLOYEE HEALTH EXPO

Live Your Best Life!

R_x Your prescription for a healthy life!

1. Understand Your Benefits
2. Know Your Numbers
3. Fight the Flu
4. Stay Active
5. Eat Healthy
6. Manage Stress
7. Balance Work & Life



Visit Wellness Exhibits

- FREE chair massage
- Join a gym
- Fitness & cooking demos
- Nutritious drinks

Share how you live a healthy life

Post your healthy lifestyle pictures and share your stories using **#alcohealthylife** on Instagram, Twitter or Facebook. Or, send photos and descriptions to **wellness@acgov.org** and we will post them for you. "Like" the photos that inspire you most. Posts with the most "likes" will be featured at the Health Expo.



Attend Carrier Presentations

Representatives from:

1st United Credit Union, ACERA, Allstate, CIGNA, Claremont EAP, Commuter Check Direct, Delta Dental, Hyatt Legal - MetLaw, Met Life, Kaiser Permanente, Land Home Financial, Liberty Mutual, Nationwide, Prudential, Social Security Administration, UnitedHealthcare, VSP



Know Your Numbers: Free Health Screenings

For ALL County employees at all sites:

Blood pressure & bone density screening

For UnitedHealthcare members only (Oakland 9am-2pm, Hayward 9am-1pm):

BMI, blood pressure, cholesterol, & blood glucose screening

Fight the Flu

FREE seasonal flu vaccine for all employees at all sites



For more information, email: **wellness@acgov.org**

Oakland

Monday, October 16
9am - 3pm

Alameda County Conference Center
3rd & 4th Floor Conference Rooms
125 12th St.

Dublin

Thursday, October 19
8am - 2pm

Alameda County Sheriff's Dept.
Office of Emergency Services
4985 Broder Blvd.

Hayward

Wednesday, October 25
9am - 2pm

Eden Area Multi-Service Center
2nd & 3rd Floors
24100 Amador St.

This program is co-sponsored by the Risk Management Unit of the County Administrator's Office and the Employee Benefits Center, a Division of Human Resource Services. County employees wishing to attend must obtain approval from their supervisor in advance of the day they plan to attend. Approval is based upon workload demands and staffing considerations.