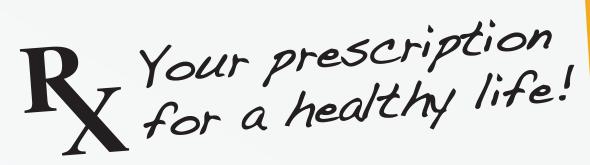
# 2017 ALAMEDA COUNTY EMPLOYEE HEALTH EXPO our Best Life!



- 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



### **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





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



### 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



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.

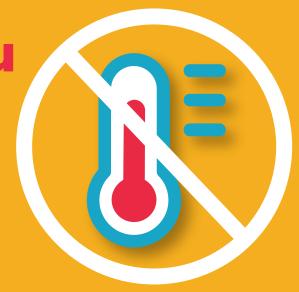








FREE seasonal flu vaccine for all employees at all sites



For more information, email: wellness@acgov.org

### Monday, October 16 9am - 3pm

Alameda County Conference Center Office of Emergency Services 3rd & 4th Floor Conference Rooms 125 12th St.

## Thursday, October 19 8am - 2pm

Alameda County Sheriff's Dept. 2nd & 3rd Floors 4985 Broder Blvd.

### Wednesday, October 25 9am - 2pm

Eden Area Multi-Service Center 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.