

SAN FRANCISCO HEALTH SERVICE SYSTEM

Affordable, Quality Benefits & Well-Being



2016 Annual Report

The Health Service System's 2016 annual report has been completed and will be reviewed by the Health Service Board during the next meeting on January 12, 2017. The report is available to the public at myhss.org.

Best Doctors: Get More Than 'Just What the Doctor Ordered'

HSS members are already using Best Doctors second opinion services to get advice from a nationwide network of leading physicians and specialists.

Facing a medical challenge can be stressful enough without worrying if you are on the right path to recovery. Whether you are simply confused by a diagnosis, considering different treatment options, or just looking for a new physician in your network, contact Best Doctors.

Best Doctors means access to advice from leading physicians on everything from minor surgery and maternity challenges, to more serious concerns like cancer and heart disease. There are no hoops to jump through. **This program is available to eligible employees, retirees and their dependents at no cost.**

Simply pick up a phone or go online:
866.904.0910 | members.bestdoctors.com.

Health Service Board Meeting

January 12, 2017 at 1:00pm, Room 418 or view live on [sfgovTV](#).

At the first meeting of 2017, the Health Service Board (HSB) will receive the 2016 Annual Report and will approve the HSB self-evaluation. Other important business items include: updating infertility benefits, and adoption of an investment plan and investment options for HSS funds. Board materials are available 72 hours prior to the meeting at [myhss.org](#) under the "BOARD" tab. Members can communicate with HSB board members on these and other Board related topics at: health.service.board@sfgov.org

January Wellness Center Calendar

Please find the January Wellness Center events calendar attached. Join us for Zumba, Toning, Tai Chi, Yoga, and more! Or come to use the space during Open Use time. The Employee Assistance Counselors are also located here, call to schedule an appointment 800-795-2351.

Unless otherwise specified, Wellness Center activities are available to HSS members (employees, retirees, spouses, domestic partners and adult children) who have health benefits administered by HSS. CCSF employees who waive medical coverage are also able to use the Wellness Center. EAP services are available to CCSF, Superior Court, SFUSD and City College employees and their families.



All Year Long - Healthy Start 2017

The New Year often times can lead to unrealistic goals and expectations for change. This year-don't make lofty goals. Instead choose healthy habits you can maintain all year. Register for [Healthy Start](#) and starting in late January receive information and tools to Motivate, Initiate, and Maintain a routine of healthy choices in 2017. Participants will receive approximately 5 emails over the course of two months.

MOVEMENT FITNESS RESOURCES



Take Advantage of Fitness Discounts and Programs

HSS and your health plans make a variety of Fitness Center discounts and other activity programs available. Check out all of the fitness resources available to HSS members.

- [Employee Fitness Resources](#)
- [Retiree Fitness Resources](#)

Make sure to check for a discount before signing up. Here are a few articles with more tips on how to save on fitness memberships:

- [8 Ways to Save on a Gym Membership](#)
- [8 Ways to Get a Cheap Gym Membership](#)

PREVENTION
**NATIONAL WEAR
RED DAY**



Raise Awareness About Heart Disease and Strokes

Wear red to raise awareness about heart disease and stroke on Friday, February 3rd. Join us at the HSS Wellness Center for a heart healthy activity and learn about warning signs and symptoms of a heart attack and stroke. Get tips on a few ways you can reduce your risk of heart disease. Two sessions available, 12:10- 12:55pm and 1:10-1:55pm. We hope to see you at one of the sessions and don't forget to wear red!

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Health Service System | 1145 Market Street, 3rd Floor | San Francisco, CA 94103

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