

SAN FRANCISCO HEALTH SERVICE SYSTEM

Affordable, Quality Benefits & Well-Being



April 2017 eNews

National Employee Benefits Day: April 3rd

April 3rd is National Employee Benefits day. It is the day to be grateful for your employee and retiree health benefits. It's also a good day to review your employer-sponsored benefits and consider if you are making the most of your benefits. If you are due for a wellness physical, preventive dental care or a vision checkup, take some time on April 3rd to schedule an appointment.

Please Keep Your Address Current with HSS!

If you are an active employee you are required to keep your address current with Health Service System and your departmental personnel officers.

If you are retired you are required to keep your address current with Health Service System, and your retirement system. Your retirement system does not update your address with the Health Service System.

You may obtain a change of address form from the SFHSS website at www.myhss.org or you may call 415-554-1750, to request a form by mail.

Health Service Board

At the March 9th, 2017 meeting, the Health Service Board appointed Mitchell Griggs Acting Director of HSS effective March 15th, 2017. Mitchell will serve in this role until the HSS Director has been selected by the Health Service Board.

At the April 13th, 2017 meeting, the Health Service Board will continue reviewing rates and benefits for the 2018 Plan year. The Board will also consider standardization of Transgender benefits across the three health plans for 2018. The April Agenda will be posted 72 hours before the meeting. Visit myhss.org/health_service_board/ for details. Digital video of Health Service Board Meetings are available on SFGovTV.

Well-Being Classes and Events

- [Group Exercise Calendar](#): Discover classes at 8 locations including the HSS Wellness Center and City Hall.
- [Special Events Calendar](#): Find health screenings, seminars, and other well-being events close to where you work.

April Wellness Activities

Check out the variety of classes and special events this April at the Wellness Center. Print a copy of the calendar and share it with a fellow retiree or colleague.

Play Your Way Week - April 24th - 28th

Physical activity not only improves our physical health, but also helps you sleep better, improve your mood, and increase your energy. Mark your calendars for a week of special events, giveaways, and chances to register for the upcoming 30-Day Challenge. Here are just a few of the activities to expect:

- [Get Moving](#): Monday, 4/24, 12:10-12:55
- [Chair Yoga](#): Tuesday, 4/25, 12:10-12:55
- [Fitness Fair](#): Wednesday, 4/26, 11:00-2:00
- [Healthy Food Walk](#): Thursday, 4/27, 12:10-12:55
- [Exercises at Your Workstation](#): Friday, 4/28, 12:10-12:55

Fitness Fair - April 26

Get moving today: Attend the Wellness Center's Fitness Fair on Wednesday, April 26, 2017, 11:00 am - 2:00 pm, and learn about the free, low-cost, and discounted services available to employees and retirees.

- Enjoy exercise demonstrations, such as Bachata and Feldenkrais.
- Maximize the resources from your health plan.
- Learn about the fitness center discounts.
- Find opportunities for retirees to be active locally at senior centers and through SF Rec and Parks.
- Register and learn more about the Play Your Way 30-Day Challenge.

All participants will receive a free gift.

