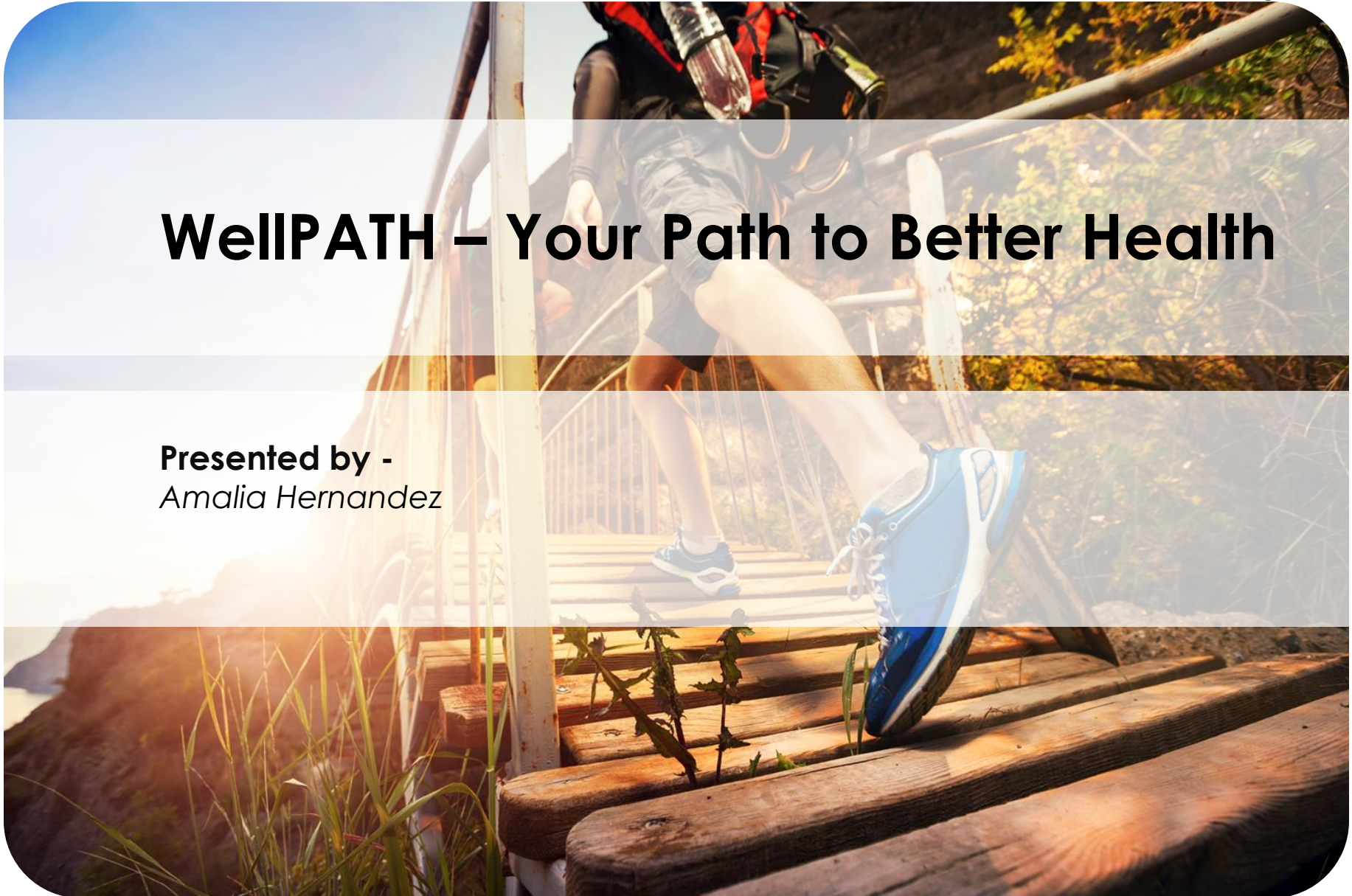


WellPATH – Your Path to Better Health

Presented by -
Amalia Hernandez





What is WellPATH?



- ✧ **WellPATH** is an initiative of the Joint Health Management Board (JHMB) of Fresno Unified School District and is a free employee wellness program designed for, and by, employees of Fresno Unified School District.

- ✧ WellPATH provides Fresno Unified members with opportunities that guide and encourage a healthy commitment to positive lifestyle change.

- ✧ WellPATH services are available as a health benefit, under the District's Health Plan for:
 - ✧ Active employees
 - ✧ Retirees
 - ✧ Spouses, domestic partners, and
 - ✧ Dependent children age 18 and older



WellPATH Services & Events

- ✚ Onsite **Flu Shot Clinics** (Fall)
- ✚ **“Know Your Numbers”** Wellness Screenings
- ✚ Onsite Group **Fitness classes**
- ✚ District-wide **Wellness Challenges**
- ✚ Monthly **Wellness Webinars**
- ✚ Biweekly Newsletters - Health Information, Recipes, Tips and Quizzes
- ✚ PlushCare – **Telemedicine Program**
 - \$5 co-pay; **(866) 460-6205**
- ✚ Employee Assistance Program (EAP)
 - Claremont EAP **(800) 834-3773**

Monthly WellPATH Spotlight
October 2019: Cancer Risk Factors

Know the Factors and Help Reduce Your Cancer Risk

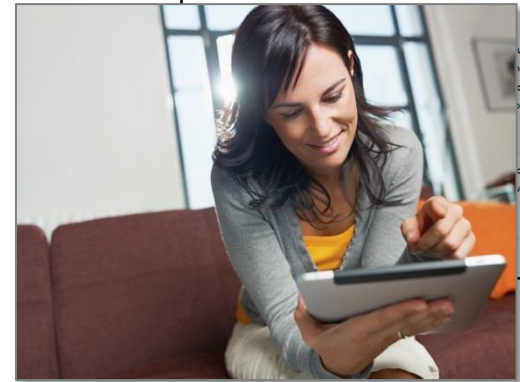
It is usually not possible to know exactly why one person develops cancer and another doesn't. But research has shown that certain risk factors may increase a person's chances of developing cancer.

Cancer risk factors include exposure to chemicals or other substances, as well as certain behaviors. They also include things people cannot control, like age and family history. A family history of certain cancers can be a sign of a possible inherited cancer syndrome.

This month we highlight the importance of understanding known risk factors and focus on other ways to stay healthy and reduce your cancer risk. Review the spotlight to learn more about cancer risk factors, and complete the monthly quiz for a chance to win a \$25 gift card.

udies. In these studies, to develop cancer with develop cancer are certain substances

factors for cancer, ch as growing older— ver your risk of



Monthly Spotlight, Webinars, and Quizzes
Complete a quiz and enter to win \$25 gift card.



WellPATH Program Benefits

Flu Shot Clinics

- ✧ Offered in the Fall between September - November
- ✧ Locations and Times – Throughout the District
 - ✧ For details visit: <http://www.jhmbhealthconnect.com/free-flu-shots>





WellPATH Program Benefits

Biometric Screenings:

- ✚ Offered year round
- ✚ FREE every 10 – 12 months
- ✚ Health Screening Services:
 - ✚ Height
 - ✚ Weight
 - ✚ Body Mass Index (BMI)
 - ✚ Percent Body Fat
 - ✚ Waist Circumference
 - ✚ Waist to Hip Ratio
 - ✚ Blood Draw (optional)
 - ✚ Lipid Profile
 - ✚ Test A1c

KNOW YOUR NUMBERS Personal Wellness Campaign



WellPATH partners with Pinnacle Training Systems to provide WellPATH-eligible individuals with personalized health and wellness profiles - and it's as easy as 1, 2, 3.





WellPATH Program Benefits

FREE Onsite Group Fitness Classes:

- ✧ Available in the Fall, Winter and Spring
- ✧ 6-week and 8-Week Sessions
- ✧ Variety of Classes to Choose:
 - ✧ Yoga
 - ✧ Zumba
 - ✧ Circuit Training
 - ✧ 20x3
- ✧ All Fitness Levels are Welcome

fitness



News & Info – Helping You to Better Health

WellPATH
Your Path to Better Health
Joint Health Management Board

Monthly WellPATH Spotlight
October 2019: Cancer Risk Factors

Know the Factors and Help Reduce Your Cancer Risk

It is usually not possible to know exactly why one person develops cancer and another doesn't. But research has shown that certain risk factors may increase a person's chances of developing cancer.

Cancer risk factors include exposure to chemicals or other substances, as well as certain behaviors. They also include things people cannot control, like age and family history. A family history of certain cancers can be a sign of a possible inherited cancer syndrome.

This month we highlight the importance of understanding known risk factors and focus on other ways to stay healthy and reduce your cancer risk. Review the spotlight to learn more about cancer risk factors, and complete the monthly quiz for a chance to win a \$25 gift card.

CANCER RISK FACTORS

Most cancer risk factors are initially identified in epidemiology studies. In these studies, scientists look at large groups of people and compare those who develop cancer with those who don't. These studies may show that the people who develop cancer are more or less likely to behave in certain ways or to be exposed to certain substances than those who do not develop cancer.

The list below includes the most-studied known or suspected risk factors for cancer. Although some of these risk factors can be avoided, others—such as growing older—cannot. Limiting your exposure to avoidable risk factors may lower your risk of developing certain cancers.

Sources: National Cancer Institute
www.cancer.gov

Healthful information to help you along your path to better health. October 28, 2019

Joint Health Management Board
Fresno Unified School District

WellPATH
Your Path to Better Health
Joint Health Management Board

Fall 2019 Benefits Workshop
Wednesday, Nov 13
Bullard High School

The JHMB, in collaboration with Halcyon Behavioral Health (our new mental health and substance abuse vendor), Claremont EAP, and the WellPATH program, will conduct a 2-hour benefits workshop.

The workshop will include:

- Information about our new vendor, Halcyon Behavioral Health
- New Customer Service contacts for EnvisionRx
- The District's WellPATH program offerings. There will also be time allotted to address any open questions.

Last year, we conducted a customer service survey for our prescription drug program and received valuable

We want your FEEDBACK!

Prescription Drug Program

Have You Used EnvisionRx Within the Last 12 Months?

Plan Option A and Option B (PPO) Participants Survey Open until Nov 1, 2019

One of the JHMB's core missions is to manage and maintain the highest quality health benefits possible on behalf of active and retired employees. From time to time, we reach out to you (as plan participants) to help us understand and manage the service you receive from our benefits vendors.

Healthy Minute
Take a Minute for Your Health

Prepared for you by **WellPATH**
Joint Health Management Board

October 2019
Know the Factors & Help Reduce Your Cancer Risk

It is usually not possible to know exactly why one person develops cancer and another doesn't. But research has shown that certain risk factors may increase a person's chances of developing cancer. Cancer risk factors include exposure to chemicals or other substances, as well as certain behaviors. They also include things people cannot control, like age and family history.

Review the spotlight to learn more about cancer risk factors and complete the monthly quiz for a chance to win a \$25 gift card at: www.JHMBHealthConnect.com/health-spotlights.

Fall 2019 Health & Wellness Activities

Flu Shot Clinics are up and running at multiple sites throughout the district, get your FREE flu shot at a District site near you. Visit JHMB HealthConnect at www.JHMBHealthConnect.com for the most updated list of flu shot clinics.

Biometric Screenings are starting in October. Remember covered District members and their dependents 18+ are eligible to receive a FREE annual biometric screening once every 10 – 12 months. Visit the JHMB HealthConnect Events Calendar at www.JHMBHealthConnect.com/events-calendar for a full schedule of upcoming screening events.

New Group Fitness Classes Starting October 7! Zumba, Yoga, Circuit Training, and 20 x 3 are some of the group fitness classes starting Monday, October 7. WellPATH offers 25 classes per week, so take advantage of these FREE classes. For more details, visit www.JHMBHealthConnect.com/group-fitness-classes to complete your 2019/2020 Group Fitness Class Registration Form today and join a class. **No commitment necessary - go at your own pace.**

Mind, Body, & Soul Wellness Challenge Registration Now Open

The Mind Body and Soul Challenge is a short and focused 5-week challenge that implements exercise and mindfulness to help you achieve your goals. A small amount of effort towards your mental and exercise habits can make a big difference to improving your overall health!

Registration closes October 11, so don't miss the opportunity to learn valuable mindfulness techniques or a chance to win one of 20 \$100 gift cards. For more details and to register, visit JHMBHealthConnect.com/wellness-challenges.

FREE Oct 2019 Webinars

5 Strategies to Actually Enjoy the Holidays This Year
Available All Month - No Registration Required
Presented by Claremont EAP

So often, the holidays are depicted as a time of blissful good cheer and family connection. Why do so many of us feel busy, pressured, or lonely each year instead? You have the power to do it differently this time around, no matter what the holidays hold for you. All you need is a strategy—one that actually works. This webinar will share five tips to actually enjoy the holidays this year and will guide you in creating a customized plan to apply them to your personal holiday situation. Let the festivities begin!

5 Healthy Food Swaps
Presented by Pinnacle Training Systems

This quick video covers five easy food swaps that will make your diet instantly healthier!

For more info: www.JHMBHealthConnect.com/monthly-webinars

Monthly Spotlight, Webinars, and Quizzes
Complete a quiz and enter to win \$25 gift cards each month

Biweekly JHMB/WellPATH Email Newsletter
with upcoming events, recipes, and ways to stay in shape

Monthly Healthy Minute
with health tips, recipes, on-going events, and ways to stay in shape



WellPATH Program Benefits

PlushCare – Telehealth Services:

- ✧ Available afterhours and on the weekend
- ✧ Only a \$5 co-pay
- ✧ Here's what is covered:
 - ✧ Bronchitis
 - ✧ Ear infections
 - ✧ Kidney Infections
 - ✧ Pink Eye
 - ✧ Rashes/Dermatitis
 - ✧ Sore Throat
 - ✧ Urinary Tract infection
 - ✧ Common Cold and Stomach Flu
 - ✧ And More!
- ✧ Phone: **866-460-6205**
- ✧ www.PlushCare.com

Skip the Waiting Room

Visit the Doctor From Your Phone or Mobile Device





WellPATH Program Benefits

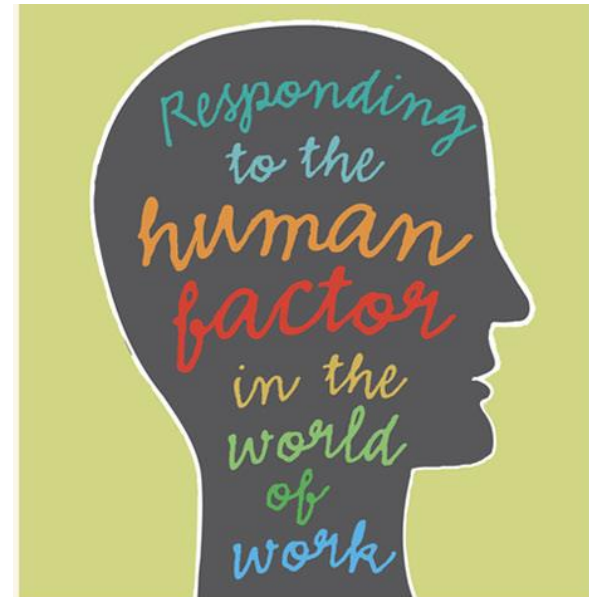
Claremont Employee Assistance Program:

- ✧ Offers a host of services for you and your family members in the immediate household covered under the District's medical plan

- ✧ Services:
 - ✧ 5 Free Counseling Sessions per Incident per Year
 - ✧ Financial Matters
 - ✧ Legal Issues
 - ✧ Health and Wellbeing
 - ✧ Daily Living / Convenience

- ✧ Toll-Free 24/7: **800-834-3773**

- ✧ www.ClaremontEAP.com





WellPATH Program Benefits

Become a WellPATH Champion!

✧ A WellPATH Champion is an ambassador who is committed to creating a culture of health and wellness with your peers

✧ **Champion's Role**

- ✧ Be an advocate for health and leading a healthy lifestyle
- ✧ Share wellness related information with your peers, such as:
 - ✧ Personal Wellness Screenings
 - ✧ Flu Shot Clinics
 - ✧ Group Fitness Classes
 - ✧ Challenges
- ✧ Encourage fellow employees to participate in the various WellPATH activities and events

✧ **Incentives**

- ✧ WellPATH brand items, \$50 Gift Card (annually), District-wide recognition, Exclusive invites to special events, opportunities to receive additional gift cards





WellPATH Contact Information



Website: www.JHMBHealthConnect.com/wellpath

Phone: (833) WELL-PATH

WellPATH Email: WellPATH@delapro.com

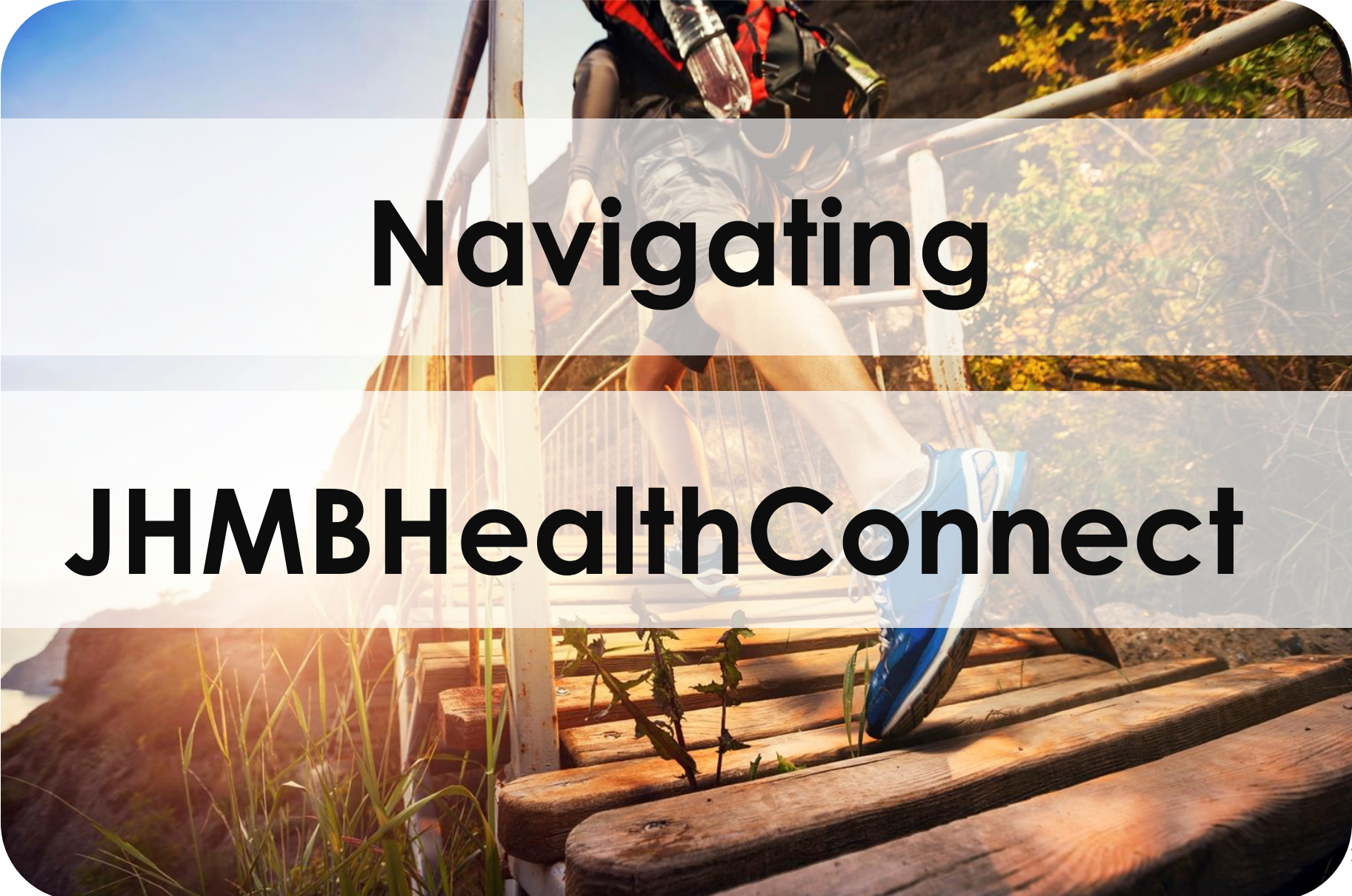
JHMB Email: jhmbhealthconnect@yahoo.com

The screenshot shows the WellPATH website interface. At the top, there is a navigation bar with links for HOME, STAYING CONNECTED, WELLPATH, YOUR BENEFITS, USING YOUR PLANS, and CONTACT. Below the navigation bar is a search bar and a main content area. The main content area features a large image of a road with the word 'WELLNESS' painted on it. To the right of the image is the WellPATH logo and a section titled 'Watch a Webinar & Enter to Win \$50 Gift Card Monthly Raffle'. Below this is a 'Learn More' button. At the bottom of the page, there is a section for 'ACTIVITIES CALENDAR' with a link for 'FREE Flu Shots'.

The flyer is titled 'Healthy Minute' with the tagline 'Take a Minute for Your Health'. It is prepared for by WellPATH. The main focus is on 'October 2019' activities. Key items include:

- Know the Factors & Help Reduce Your Cancer Risk:** A registration is now open for a challenge that implements exercise and mindfulness to help achieve goals. Registration closes October 11.
- Flu Shot Clinics:** Are up and running at multiple sites throughout the district. Free flu shots are available at District sites near you.
- Blometric Screenings:** Starting in October, District members and their dependents 18+ are eligible for a FREE annual blometric screening once every 10-12 months.
- 5 Strategies to Actually Enjoy the Holidays This Year:** Available All Month - No Registration Required. Presented by Claremont EAP.
- 5 Healthy Food Swaps:** Presented by Pinnacle Training Systems. This quick video covers five easy food swaps that will make your diet instantly healthier.

 The flyer also includes a 'FIGHT THE FLU' graphic and a 'gift card' icon. At the bottom, it states that the WellPATH Employee Wellness Program is a program of the Joint Health Management Board.

A person is hiking up a wooden staircase outdoors. They are wearing a black backpack with a red and white water bottle, black shorts, and blue and white sneakers. The background shows a clear blue sky and some greenery. The text "Navigating JHMB HealthConnect" is overlaid on the image in a large, bold, black font.

Navigating JHMB HealthConnect



Navigating JHMBHealthConnect Website

- WellPATH:
<http://www.jhmbhealthconnect.com/wellpath>

JHMBHealthConnect...The First Stop for Employee Benefits

Joint Health Management Board
Fresno Unified School District

HOME STAYING CONNECTED **WELLPATH** YOUR BENEFITS USING YOUR PLANS CONTACT JHMB

WellPATH

Enter keywords...

WellPATH
Your Path to Better Health
Joint Health Management Board

Feb 2019 Healthy Minute
Monthly Health Tips & Recipes

Healthy Minute
A Month Made for You

Feb 2019
Tips to
Heart Disease

Download

Program Details

CTED WELLPATH YO

- About WellPATH
- Classes & Events
- Employee Discounts
- FREE Flu Shots
- Group Fitness
- Health Spotlights
- Know Your Numbers
- Monthly Webinars
- Resources
- Request An Event
- Share Your Love For Wellness
- WellPATH Champions
- WellPATH Support Services



JHMB Events Calendar: Agenda View



Fresno Unified School District

[HOME](#)

[STAYING CONNECTED](#)

[WELLPATH](#)

[YOUR BENEFITS](#)

[USING YOUR PLANS](#)

[CONTACT JHMB](#)

Classes & Events

JHMB Events Calendar

WellPATH Program Events and Activities

Today ◀ ▶ Sunday, October 27 ▾

Print [Week](#) [Month](#) [Agenda](#) ▾

Sunday, October 27

Webinar: 5 Strategies to Actually Enjoy the Holidays This Year

Monday, October 28

Webinar: 5 Strategies to Actually Enjoy the Holidays This Year

9:00am Group Fitness Class - Gentle Yoga @ Pinnacle Training Systems

3:00pm Group Fitness Class - Zumba @ Anthony Elementary

4:00pm Group Fitness Class - Circuit Training @ Baird Middle School

5:00pm Group Fitness Class - Circuit Training @ Pinnacle Training Systems

5:30pm Group Fitness Class - Circuit Training @ Ed Center - Annex

Tuesday, October 29

Webinar: 5 Strategies to Actually Enjoy the Holidays This Year

2:30pm Group Fitness Class - 20/3 @ Vinland Elementary

4:00pm Group Fitness Class - Circuit Training @ Gaston Middle School

4:00pm Group Fitness Class - Gentle Yoga @ Bullard Talent

4:00pm Group Fitness Class - Gentle Yoga @ Robinson Elementary

4:15pm Group Fitness Class - Zumba @ Hoover High School

Wednesday, October 30

Webinar: 5 Strategies to Actually Enjoy the Holidays This Year



JHMB Events Calendar: Month View

JHMB Events Calendar

WellPATH Program Events and Activities

Today July 2019



Week
 Month
 Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	Jul 1	2	3	4	5	6
Webinar: Master You	Webinar: Uncovering Unconscious Beliefs - Online		5:30pm Group Fitness C			
7	8	9	10	11	12	13
Webinar: Uncovering Unconscious Beliefs - Online	4pm Group Fitness Clas	5:30pm Group Fitness C	1:30pm Group Fitness C	2:30pm Group Fitness C		
14	15	16	17	18	19	20
Webinar: Uncovering Unconscious Beliefs - Online						
21	22	23	24	25	26	27
Webinar: Uncovering Unconscious Beliefs - Online						7am Wellness Screening
28	29	30	31	Aug 1	2	3
Webinar: Uncovering Unconscious Beliefs - Online			8am Wellness Screening	Webinar: Mastering the Business of Workplace Etiquette - Online		



JHMB Events Calendar: Week View

JHMB Events Calendar

WellPATH Program Events and Activities

Today ◀ ▶ Jul 7 – 13, 2019 ▼



Week

Month

Agenda

	Sun 7/7	Mon 7/8	Tue 7/9	Wed 7/10	Thu 7/11	Fri 7/12	Sat 7/13
Webinar: Uncovering Unconscious Beliefs - Online							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm					1:30p - 2:30p Group Fitness Rata High School, 1373		
3pm					2:30p - 3:30p Group Fitness Rata High School, 1373		
4pm			4p - 5p Group Fitness Rata High School, 1373				
5pm				5:30p - 6:30p Group Fitness 2348 Mariposa St,			
6pm							



WellPATH

