



EMPLOYEE WELLNESS PROGRAM

The County of Solano is committed to encouraging the health and well-being of its workforce. The goal of the Employee Wellness Program is to use a Total Worker Health approach to enhance employee health and develop healthier work environments which encourage and support healthy choices. Employee Wellness Program services include:

- ❖ MyWellSite wellness app
- ❖ Weekly Fitness Meet-ups
- ❖ Information, news and resources on Wellness webpages
- ❖ Wellness Ambassador Program
- ❖ Lunch and Learns, Special Events and Promotions
- ❖ Employee Wellness Challenges
- ❖ Smoke Free Facilities and Grounds Policy

FITNESS CLUBS WITH DISCOUNTS FOR SOLANO COUNTY EMPLOYEES

- ✚ Anytime Fitness
(Green Valley & Texas Street, Fairfield)
- ✚ Crossfit Vacaville
- ✚ ELEV8 Training (Vallejo)
- ✚ Maximum Fitness (Vacaville)
- ✚ In-Shape (multiple CA locations)
- ✚ Interchange Athletics (Fairfield)
- ✚ 24 Hour Fitness (multiple CA locations)
- ✚ Factory Elite Fitness (Suisun and Vacaville)
- ✚ NorthBay Health Spring Fitness (Vacaville)
- ✚ j.Power Studio (Benicia)
- ✚ Kroc Corps Community Center (Suisun)



EMPLOYEE WELLNESS LINKS FOR MORE INFORMATION:

Employee Wellness webpage: https://solanocounty.sharepoint.com/sites/HR_Collab/Wellness/

Wellness Class Schedule:

https://solanocounty.sharepoint.com/sites/HR_Collab/Wellness/Lists/Events/calendar.aspx



Solano County is proud to have met American Heart Association criteria for Bronze recognition in the AHA's Workplace Health Achievement Index. See www.heart.org/workplacehealth for information.

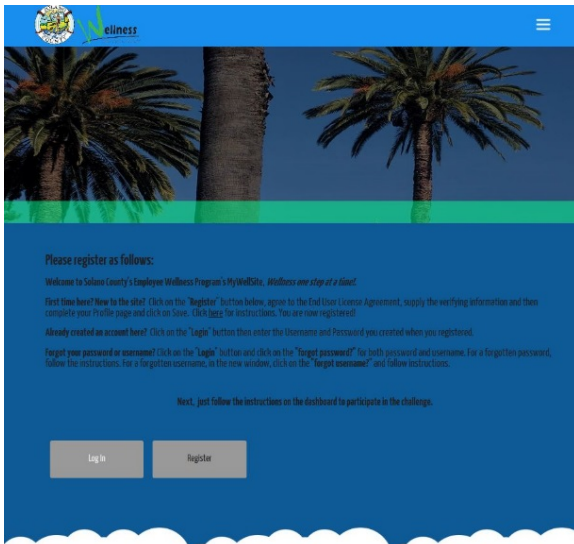


MY WELL SITE: A wellness online app just for Solano County employees; a fun, interactive and easy way to support your health and wellness, one step at a time!

For My Well Site, on any browser, go to www.mywellsite.com/solanocounty

- ❖ Access on any computer or mobile phone anytime with My Well App
- ❖ Participate in employee wellness challenges and wellness scores
- ❖ Access health tips and information
- ❖ Explore event calendar for wellness classes and events
- ❖ Use activity tracking feature, with options to sync with FitBit or GoogleFit
- ❖ Use features whether you chose to participate in a wellness challenge or not!
- ❖ My Well Site is a customized site for Solano County Employees only, and is *not* a social media or commercial site, so you will not receive any advertising
- ❖ The only information on this site are the items you choose to provide, post or track

HOW DO I JOIN THE FUN?



- ❖ Go to www.mywellsite.com/solanocounty and Click on “Register” and fill in the information to enter and complete the registration process.
- ❖ Follow the instructions to fill out the profile form and create a username and password for MyWellSite. *You cannot login with your County username and password.*
- ❖ **New employees**, as of 11-2016, will need to contact the Wellness Coordinator, LLHamm@solanocounty.com for an access code to register.
- ❖ After you register, you can “Login” on any device with your new password.
- ❖ Click on “Mobile Access” to generate code to download free app on your phone.
- ❖ To join a challenge, go to the challenge box and click on the challenge picture on the home page.

NEED MORE DETAILED INSTRUCTIONS?

Click on the link on the My Well Site login page or go to **employee wellness challenge pages**, on our County intranet using this link: https://solanocounty.sharepoint.com/sites/HR_Collab/Wellness/wellness-classes-challenges

QUESTIONS? Contact Lyta Hamm, Wellness Coordinator: LLHamm@solanocounty.com or 707 784-6184.

NOTE: All participation in employee wellness program activities, including MyWellSite, is completely voluntary.