



CITY OF SAN JOSE

# WELLNESS

Inspire • Support • Achieve

*A newsletter for wellness information, events and celebrations!*

Volume I

October 2009

Page 1

## In This Issue:

### Monthly Topic

**“Dr. Das Says”**

Page 1

### News For You

The Wellness Pages are here for YOU!

Page 2

### Upcoming Events

Free Seasonal Flu Vaccinations

Page 2

### Got a Wellness question or idea?

Send your email to:

**WellnessIn-Box  
@sanjoseca.gov**



## Introducing MedExpert



*Rajiv Das, M.D., MPH  
Employee Health Services*

The Human Resources team has launched an exciting new service that grants employees, retirees, beneficiaries and dependents access to an innovative and completely confidential medical information resource. **MedExpert** is a patient-centered phone service that lets you or a loved one speak with a doctor about any one of 22,000 health concerns or conditions.

**MedExpert**'s services can vary from confidential and customized information to assistance finding a leading medical specialist. **MedExpert** also works hard to help you navigate the maze of insurance coverage and physician panels.

**MedExpert**'s on-staff physicians are well-qualified and gifted at communicating the latest medical research from an enormous database. This information is then translated into an easily understood report that is individualized to your needs. **MedExpert** doctors are then available to answer any questions that you may have and provide information to your physician if you desire.

One of the benefits of this service is to make your physician visits even more valuable. **MedExpert**'s goal is an educated health care consumer.

There is no fee to use **MedExpert** no matter how many times you call or the degree of service provided. The medical information shared between you and **MedExpert** is

completely confidential and compliant with the Health Information Portability and Accountability Act (HIPAA).

With the abundance of sometimes questionable medical information on the Internet and in the media, it is even more important to have ready access to accurate and current information clearly explained by a physician. **MedExpert**'s assistance will reduce confusion and enhance the quality of the patient-physician interaction.

*... an innovative and completely confidential medical information resource.*

I'm very excited about this new service and hope that all employees who have an issue or question concerning medicine or wellness will contact **MedExpert** for assistance. I am confident that City of San José employees can rely on **MedExpert** for timely, appropriate and confidential advice.

### Who can use MedExpert?

1. Active Employees (and their dependents) who are eligible to enroll in a City of San José sponsored health plan, even if the employee has waived enrollment or has enrolled into the Health-in Lieu option.
2. Retirees or retiree beneficiaries (and their eligible dependents) when currently enrolled in a City of San José sponsored health plan.

**FREE Seasonal Flu Shots  
Coming to a Worksite  
Location Near You!!**

See page 2

## Where to Find Your CSJ Employee Wellness Info



Did you know that there is a web page dedicated to your specific City of San José Employee Wellness resources? The information is available thru the *Intranet* or the *Internet*, so that you can get to this valuable information at work or from home.

The Wellness Pages are constantly being updated. This month the hot topic is the upcoming flu season. The schedule of CSJ worksite flu vaccine events is posted there and so is important H1N1 virus information which has been forwarded to us by both of our health care providers; Kaiser and Blue Shield. On the Wellness Pages you'll also find the link to make a *registration* if you are planning to get vaccinated during the Benefits Fair at City Hall on Wednesday, October 28th. While pre-registration isn't mandatory, it is encouraged and pre-registrations should keep wait times reduced to a minimum for this highly attended event.

Looking for a few extra dollars in your pocket this fall? Look no further than the Wellness Rewards link in the left side navigation bar on the Wellness home page. If you are enrolled into a CSJ sponsored health plan, you are eligible to receive cash for participating in an on-line health assessment and additional on-line wellness programs. Reward dollars do not roll over from year to year and will expire for the 2009 plan year on December 31st.

*Visit the CSJ employee Wellness Pages at [www.sanjoseca.gov/wellness](http://www.sanjoseca.gov/wellness)*

Opportunities and suggestions for incorporating more wellness activity into your daily life is posted there too, including your opportunity to become a Wellness Warrior! If wellness topics interest you and you would like to become more involved with the success of the Citywide Employee Wellness Program, click on the link to Wellness Warriors and check it out.

This is just a sample of what you can find in the Wellness Pages. Visit soon, visit often, visit from work or visit from home!

### ~~~~~ Worksite Flu Shots ~~~~~



## Free Seasonal Flu Shots for Employees and Retirees

1. 14 worksite locations scheduled
2. Multiple opportunities, dates and times
3. Stay protected; it's easy, fast and free

- All employees are eligible to receive a free flu vaccination.
- The vaccinations protect for the seasonal viruses only. H1N1 vaccinations are provided directly by health care providers and will not be available in the workplace.

View the entire schedule and additional flu vaccine information on-line at:  
<http://www.sanjoseca.gov/wellness/Flushots2009.asp>