



Commit to Be FIT!



One day at a time...
One step at a time...
One meal at a time...



\$100 Can Be Yours!

2012-2013 Wellness Campaign Expo Calendar

<http://countyline/hr/benefits/mywellness/home.asp>

My Health Matters! 2012-13 Annual Wellness Expos are coming to a location near you! The Expos may be attended on County regular time, with your supervisor's approval. Please allow about 60 minutes to complete the screenings and health coaching.

- **Earn \$100** by completing an online health assessment through your medical plan's website. The information you'll need to have to complete your health assessment, is below:
 - Total cholesterol
 - Glucose
 - Blood pressure / pulse rate
 - Body composition
 - Body mass index (BMI)

The online health assessment will be available beginning October 1, 2012.

- Chance to **Win \$100** by reviewing your health screening results with a health coach.
- Sign-up for **Steps to Success** and earn rewards for physical activity (<http://www.healthycommunity.ca/sbhr/Default.aspx>).
- Receive information on healthy lifestyle tools and resources from your insurance plans.

In a hurry? To schedule an appointment, click [here](#). Walk-ins are also welcome.

Expo Location	Date	Time
Fontana TAD Crosswell Commons Conference Room 7977 Sierra Ave. Fontana, CA	Monday, September 10	7:30 am – 2:00 pm
Ontario TAD Dorothy Rowe Conference Room 1627 E. Holt Blvd Ontario, CA	Wednesday, September 12	7:30 am – 2:00 pm
Ambassador Hotel 15494 Palmdale Road Victorville, CA	Monday, September 17	10:00 am – 2:00 pm
County Government Center Rotunda 385 N. Arrowhead Ave. San Bernardino, CA	Wednesday, September 19	9:00 am – 2:00 pm
Arrowhead Regional Medical Center (ARMC) Starlight Café 400 N. Pepper Ave. Colton, CA	Tuesday, September 25	10:00 am – 2:00 pm
Yucca Valley TAD Job Club Room 56357 Pima Trail Yucca Valley, CA	Thursday, September 27	11:00 am – 3:00 pm