

HRS Employee Benefits

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## Human Resource Services/Employee Benefits July 2021 Lunchtime Webinars

*Available to all County employees*

### July's Wellness Spotlight – Summer Health

Smell the sea, and feel the sky. Let your soul and spirit fly. -Van Morrison

#### Question of the Month

With summer upon us, it's important to remember a few guidelines for having fun in the sun! A few things to remember for summer health:

- Make sure you have a generous amount of water on hand
- Remember your sunscreen, even if you don't burn
- Eat nutritious meals and snacks filled with luscious summer fruits and vegetables

This month's question is: **What is your favorite go-to summer fruit (which provides a good amount of hydration and a lot of vitamins/minerals)?**

Send your response to the County of Orange's Onsite Wellness Coach at [holly.lattimer@cigna.com](mailto:holly.lattimer@cigna.com) by Friday, July 9, and you will be entered to win a prize.

Coaching is free and available to all County employees. Contact Holly Lattimer at [holly.lattimer@cigna.com](mailto:holly.lattimer@cigna.com) for participation information.

*Congratulations to our most recent winners, Arlene Miranda & Donna Routledge!*



### OC Healthy Steps Webinars

## Virtual webinar by StayWell

StayWell – <https://www.ochsstaywell.com/>

For additional resources on how to earn the 2022 Wellness Credit, please visit [countywellnesscenter.weebly.com/oc-healthy-steps/](https://countywellnesscenter.weebly.com/oc-healthy-steps/)

### OC Healthy Steps (OCHS) Overview and Q&A

Join StayWell's dedicated County of Orange's Onsite Wellness Program Coordinator, Chelsae Miles as she provides an overview of OC Healthy Steps requirements (both the Health Risk Assessment and Non-Smoking Attestation) needed to earn your 2022 Wellness Credit.

Thursday, July 22  
12 p.m. – 12:45 p.m.  
[Click](#) to register



**OC • HEALTHY • STEPS**  
The County of Orange Wellness Program  
[ochsstaywell.com](https://www.ochsstaywell.com)

\*To earn the 2022 OCHS Wellness credit, complete the assessment between May 17, 2021 and August 31, 2021.

## Wellness Webinars

### Webinars sponsored by Cigna

Cigna Healthcare - [campaigns.cigna.com/countyoforange/](https://campaigns.cigna.com/countyoforange/)

### Summer Safety Lunch and Learn with Paul Lopez-Wood

Summer is all about fresh air, sunshine and the great outdoors. Whether it's a backyard BBQ, a picnic in the park or a trip to the beach, this presentation to learn how you can play it safe all summer long.

Wednesday, July 7  
12 p.m. – 12:30 p.m.  
[Click](#) to join

Tuesday, July 27  
12 p.m. – 12:30 p.m.  
[Click](#) to join



### Sun Safety and Skin Cancer Prevention with Kristie Holt

As summer approaches many of us are eager to get outside and soak up the sun. Are you taking all the steps necessary to protect you and your loved ones from skin cancer and other harmful effects from too much sun? Find out by joining us for this informative webinar where we will learn the steps you need to take to prevent sun damage to your skin, detect skin cancer early, and stay healthy while exercising outdoors.

Thursday, July 15  
12 p.m. – 1 p.m.  
[Click](#) to register



## Webinars sponsored by the Defined Contribution Program

Empower Retirement – [www.countyoforangedcplan.com](http://www.countyoforangedcplan.com)

### Retirement Myths

There are many myths about retirement plans floating among participants, and this interactive session addresses some of the common misconceptions about retirement plans, saving and investing.

Topics Covered:

- Plan features: myth vs. truth
- Empower’s responsibilities as a service provides
- The truth about loans, withdrawals and distributions

Monday, July 12                      12 p.m. – 1 p.m.  
[Click](#) to register

Wednesday, July 21                12 p.m. – 1 p.m.  
[Click](#) to register

Monday, July 26                    12 p.m. – 1 p.m.  
[Click](#) to register

Wednesday, July 28                12 p.m. – 1 p.m.  
[Click](#) to register



## Webinars sponsored by the Employee Assistance Program

Aetna Resources For Living - [www.resourcesforliving.com](http://www.resourcesforliving.com)

For additional wellness webinars, make sure to visit the Resources for Living website. Login details are as follows:

### Unplug to Recharge

Most of us use electronics and social media. And while it’s hard to deny the advantages of technology, many have an unhealthy attachment to it. Feeling like you’re caught up in the social media madness and need to recharge? This workshop will talk about:

- Symptoms of technology burnout
- Physical and emotional effects of connection overload
- How to begin a digital “detox”
- The positives of unplugging to recharge our bodies and minds
- Steps to have a better balance

Thursday, July 15  
12 p.m. – 1 p.m.  
[Click](#) to register

