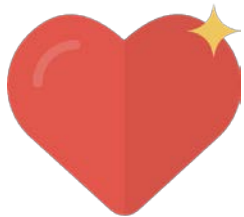


WELLNESS PROGRAM OFFERINGS FOR EXTRA HELP & SIMILAR EMPLOYEE GROUPS

The programs, activities, and services below are available to Extra Help employees (i.e. employees not eligible for County of San Mateo medical insurance and active retirees), interns, and employees who work for affiliated local, state, or federal agencies or school districts.



Self-Care, Education & Outreach

- myStrength Emotional Well-Being Tool
- Wellness Fairs
- Well-Being Education Classes & Workshops (*onsite only*)
- Worksite Massage Therapy Program
- Signature Initiatives: Building Balance & Take Your Work Break
- Farmers' Markets



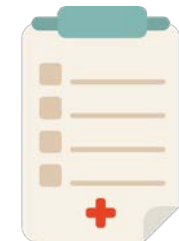
Social Wellness & Recreation

- Family & Friends Challenge
- Blood Drives
- Health Club Discounts
- Recreation Tournaments (Bowling, Softball, Volleyball)



Work-Life Balance

- Babies & You Prenatal Well-Being Program
- Worksite Lactation Program
- Child Care Center Options
- Parenting Principles Workshops (*onsite only*)
- Bright Horizons Education & College Advising
- Eldercare Workshops (*onsite only*)



Preventive Services & Health Resources*

- Flu Shot Clinics

If you have additional questions, please feel free to contact us at: 650-363-4315 or email us at wellness@smcgov.org

BENEFIT OFFERINGS FOR EXTRA HELP & SIMILAR EMPLOYEE GROUPS

The benefits and services below are available to Extra Help employees (i.e. employees not eligible for County of San Mateo medical insurance and active retirees), interns, and employees who work for affiliated local, state, or federal agencies or school districts.



Employee Assistance Program

- Counseling sessions
- Legal consultation
- Simple will assistance
- Financial consultation
- Work/Life referrals and resources



Employee Discounts

- Health Clubs
- Cellphone Service
- Discount Prescription Card
- Microsoft Home Use Program
- Tickets at Work access



Financial Wellness

- Alternate Retirement Plan
- Deferred Compensation Program
- San Mateo Credit Union membership
- Financial wellness workshops



Commuter Benefits

- Transit Subsidy
- Commute Cash Program
- CalTrain Go Pass
- Bike Lockers
- Emergency Ride Home

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