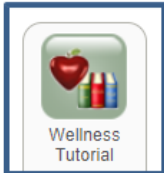




Navigating the Wellness Portal

After registering or logging in to the wellness portal, you will land on the Wellness Tutorial page.



Wellness Tutorial



Wellness Activities



My Wellness Plan



Wellness Education



Wellness Center

Do you want to earn rewards for your wellness efforts? Be sure your registration includes all required information [Update Registration Information](#)

WELLNESS PROGRAMS



TAKE TIME FOR YOURSELF



BE KIND



PRACTICE MINDFULNESS



PLAN A HEALTHY DIET



EXERCISE REGULARLY



GET ENOUGH SLEEP



BE IN NATURE



Los Angeles County Human Resources

Hooray! Congratulations on taking an active role in improving your health and overall wellbeing.

Our goal is to create opportunities to support your wellbeing with activities, resources, and tools to enhance your health, whether you're working remotely or on-site. Virtual wellness resources were designed with you in mind to promote wellness for all employees and enhance engagement with greater flexibility, accessibility, and personalization. In collaboration with our union partners and County-sponsored medical plans, Anthem Blue Cross, Cigna, Kaiser Permanente, and UnitedHealthcare, the County is committed to building a robust wellness program to meet today's needs.



The County's Employee Wellness Program is a voluntary employee benefit designed to help you be your healthy best! Wellness initiatives are focused on helping you make positive lifestyle changes and create a healthy and happy workforce. Please visit the [Department of Human Resources Employee Wellness page](#) for more on the Countywide Employee Wellness Program.



Wellness Tutorial



Wellness Activities



My Wellness Plan



Wellness Education



Wellness Center

Wellness Education contains a list of available webinars.

Click on the webinar title for a description and register to attend.

[Expand All](#) | [Collapse All](#)



Active/Fitness



CATEGORY	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
6/30 - Guided Mindful Approach to Walking (Live) - 30 credits	Recommended	6/30/2021	0	0	
8/25 - Guided Daily Microbreak Stretches at Your Desk (Live) - 30 credits	Recommended	8/25/2021	0		




Body/Physical




CATEGORY	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
7/07 - Colorectal Cancer Awareness (Live) - 60 credits	Recommended	7/7/2021	0		
7/14 - Gut Health: Microbiome, Probiotics, and Overall Digestive Health (Live) - 60 credits	Recommended	7/14/2021	0		
8/12 - Women's Health: Maintaining Your Health at Any Age (Live) - 60 credits	Recommended	8/12/2021	0		

To register to attend the live webinar,
click the Start Course button.

 8/25 - Guided Daily Microbreak Stretches at Your Desk (Live) - 30 credits [Help](#)

Note: Using the browser forward/back buttons will not save your progress, so they have been disabled. Please use the gray or blue Back/Next buttons in the bottom right of each page of the course to navigate. [Click here](#) here for more help navigating the course.

Table of Contents

 Webinar Registration



Active/Fitness Webinars: Treat your body well with physical activity for optimal health and function.


Take a break and attend this workshop to learn stretches and exercises that can be done in your workspace. Learn the health benefits that even 10 minutes of daily stretching can have.


Wed, Aug 25, 2021 12:00 PM - 12:30 PM PDT

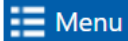
To register for the live webinar, press the blue "Start Course" button above.

To return to the previous page, press the gray "Exit" button.

 Exit Course  Start Course



 Active Fitness



Click this link to go to the webinar registration site.



[Click here to register for the webinar](#)

A confirmation email with attendee link to join the webinar will be sent to you.

Once you have viewed the webinar, please return to this page and press the blue "Finish Course" button below to self-report this webinar as attended.

Note

Once your attendance has been verified by the webinar host and completion has been uploaded to the portal, you will be able to see the credits earned on your Wellness Activities page under "Group Sponsored Activities".

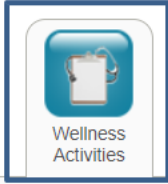
After viewing the webinar, return to this page and click the Finish Course button to self-report your attendance.



Finish Course



Wellness Tutorial



Wellness Activities



My Wellness Plan



Wellness Education

The Wellness Activities tab lists Group Sponsored activities, earned credits and wellness education webinars.



Wellness Center

Plan: 2021 COLA Test Wellness Plan (1/1/2021 - 12/31/2021) v

[Reset Activities](#) | [Expand All](#) | [Collapse All](#)

Show By: Category Priority Coming Due



Group Sponsored Activities

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
6/22 Attendance Verified: Relationships & Money (Live)	Recommended	12/31/2021	60		
6/23 Attendance Verified: Emotional Intelligence-4 Must Skills to Develop your EQ (Live)	Recommended	12/31/2021	60	60	<input checked="" type="checkbox"/>
Confirm Your Completion of 2021 Biometrics	Recommended	12/31/2021	1		
County of Los Angeles Wellness Program Tutorial	Recommended	12/31/2021	0	0	<input checked="" type="checkbox"/>



Wellness Education

[See All Courses](#)

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
6/16 - How to Better Manage Your Time - 60 credits (Live)	Recommended	6/16/2021	0	0	<input checked="" type="checkbox"/>
6/22 - Relationships & Money - 60 credits (Live)	Recommended	6/22/2021	0	0	<input checked="" type="checkbox"/>
6/23 - Emotional Intelligence-4 Must Skills to Develop your EQ - 60 credits (Live)	Recommended	6/23/2021	0	0	<input checked="" type="checkbox"/>
6/30 - Guided Mindful Approach to Walking - 30 credits (Live)	Recommended	6/30/2021	0		