



2016 Employee Picnic and Benefits Fair

September 15, 2016 11:00 a.m. to 2:00 p.m.
Lincoln Park, 1450 High Street, Alameda

Food, Fun, and Raffle Prize Drawings

- **Learn about Ben-IQ**

Ben-IQ lets you access your benefit plan information whenever and wherever you want. Check out the cool new features, like storing and organizing your plan ID cards. See Instructions below.

- **Free health Screenings**

Sutter Health will be offering blood pressure and BMI analysis onsite, and **Alameda Hospital** will be available to conduct glucose test for diabetes screening. Services are available to all employees; it is not necessary to be a Sutter Health member to take part in these services. More information below.

- **Blood Center of the Pacific**

For those interested in donating blood, the **Blood Centers of the Pacific** will be parking their bloodmobile at Lincoln Park, between the hours of 10:30am – 2:30 pm. If you would like to schedule an appointment, registration information is provided below. Walk-ins will only be fit into open slots if available. See Registration Information below.

- **Vendors Available to Answer your Benefits Questions**

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|------------------------------------|--|
| ✂ Alameda Hospital | ✂ Nationwide |
| ✂ Sutter Health | ✂ Legal Shield |
| ✂ CalPERS Supplemental Income Plan | ✂ Retired Public Employees Association |
| ✂ PARS | ✂ Kaiser |
| ✂ Blue Shield | ✂ ICMA-RC |
| ✂ All One Fitness | ✂ Many more.... |

Sutter Health

Representatives from Sutter Health will be providing on-site biometric screenings, including blood pressure and body fat analysis. Services are available to all employees; it is not necessary to be a Sutter Health member to take part in these services.

Prior to sitting down with a specialist, Sutter encourages participants to complete a Personal Health Assessment. Information collected in this assessment will be kept confidential and will not be shared with the City of Alameda. The assessment is designed to inform you of your personal health risks, which will be combined with the results of your biometric screenings results. Links to the Personal Health Assessment will be provided on September 5, 2016

Blood Centers of the Pacific

Appointment scheduler- www.bloodheroes.com

- Click "Locate a Blood Drive"
- Enter sponsor code: CityAlameda

Donors who register online will receive reward points. See attached [Rewards Flier](#) for more information.

Please contact Monica Alvarez-Selles at mselles@alamedaca.gov or 510-747-4910 with any questions.

Thank you for sharing the gift of life, one donation at a time.

Important health advisory fact sheets:

- [New Guidelines](#)
- [Zika Documents](#)

Ben-IQ

If you have an iPhone or Android phone, it's as easy as 1-2-3. Instructions are available at the HR webpage, under the Open Enrollment tab. - <https://alamedaca.gov/human-resources/open-enrollment>. The first 100 employees that download the app will be placed in a drawing for a great raffle prize at the Employee Picnic and Benefits Fair.

What can Ben-IQ do?

Ben-IQ lets you see the following information:

- Deductibles
- Plan ID cards
- Nurse line number
- Insurance company's phone number
- Definitions of healthcare terms- just turn on Ben-IQ and he's right there to help
- Cost of common healthcare services, like office visits, colonoscopies, blood tests, and more
- Wellness tips
- Helpful videos



How do I update Ben-IQ?

If you already have Ben-IQ, update to the latest version like you normally update any other app. Re-enter the Employer Key-alameda.