

---

**From:** Employee Wellness  
**Sent:** Monday, September 20, 2021 5:08 PM  
**To:** County Staff  
**Subject:** Open Enrollment Starts Today

**In this issue: EAP Benefits for Emotional Health, Covid-19 Information, and More Immune Boosting Recipes.**

# Employee Wellness



---

---

# Open Enrollment



Open Enrollment has kicked off! [Click here](#) to get information on:

- 2022 Rate Sheets
- Open Enrollment Mailings
- Insurance Plan Highlights/FAQs
  - Health
  - Dental / Vision
- Basic/Supplemental Life Insurance
- Medical Premium Pre-Tax Program (H-Care)
- Dependent Care Reimbursement Program (D-Care)
  - Flexible Spending Account (FSA)

---

---

# Relaxation Corner



During the difficult times - it is important to take inventory of your stress-levels and take steps to find an outlet. Below are some steps to help you reduce your stress levels.

Soak in a warm bath

Breathe deeply

Listen to soothing music  
Practice mindful meditation  
Journal

---

---

# Health & Wellness Webinars





## **Sutter Health**

**\*\*Live Webinar\*\*** How Cholesterol Impacts Your Stroke and Heart Attack Risk

September 29, 2021 @ 12pm

[Click here](#) to register.

*\*Pre-Recorded\* \* A Prescription for Movement*

[Click here](#) for access.

*\*Pre-Recorded\* \*Exercise vs. Training: The Difference Can Change Your Life*

[Click here](#) for access.

*\*Pre-Recorded\*\*COVID-19 Vaccination and Talk*

[Click here](#) for access.

## **Blue Cross/Blue Shield**

[Click here](#) for access - Eat a Rainbow of Colors (pre-recorded) - NEW

[Click here](#) for access - Eating to Boost Immunity

## **Kaiser Permanente**

**\*\*Pre-Recorded\*\***Defeating Sleepless Nights – [click here](#) for access

---

---

# Yoga Resources



**Virtual yoga resources from our local community  
and yoga studio**

K; . # "; 9 "I +) 9 +B) #KB"

**Virtual Yoga class w/Leslie Goodfriend – Wednesday's 7-8pm**

This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

**Donation based \$0-\$15.**

VENMO - @Leslie-Goodfriend

To access this course – please use the following link.

<https://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

**Meeting ID:** 878 9103 1412

**Passcode:** 502478

"

# 9 KD18 + "

***Ongoing Yoga, Relaxation & Meditation Resources:***

[Santa Cruz Yoga](#) – check out their online class offerings

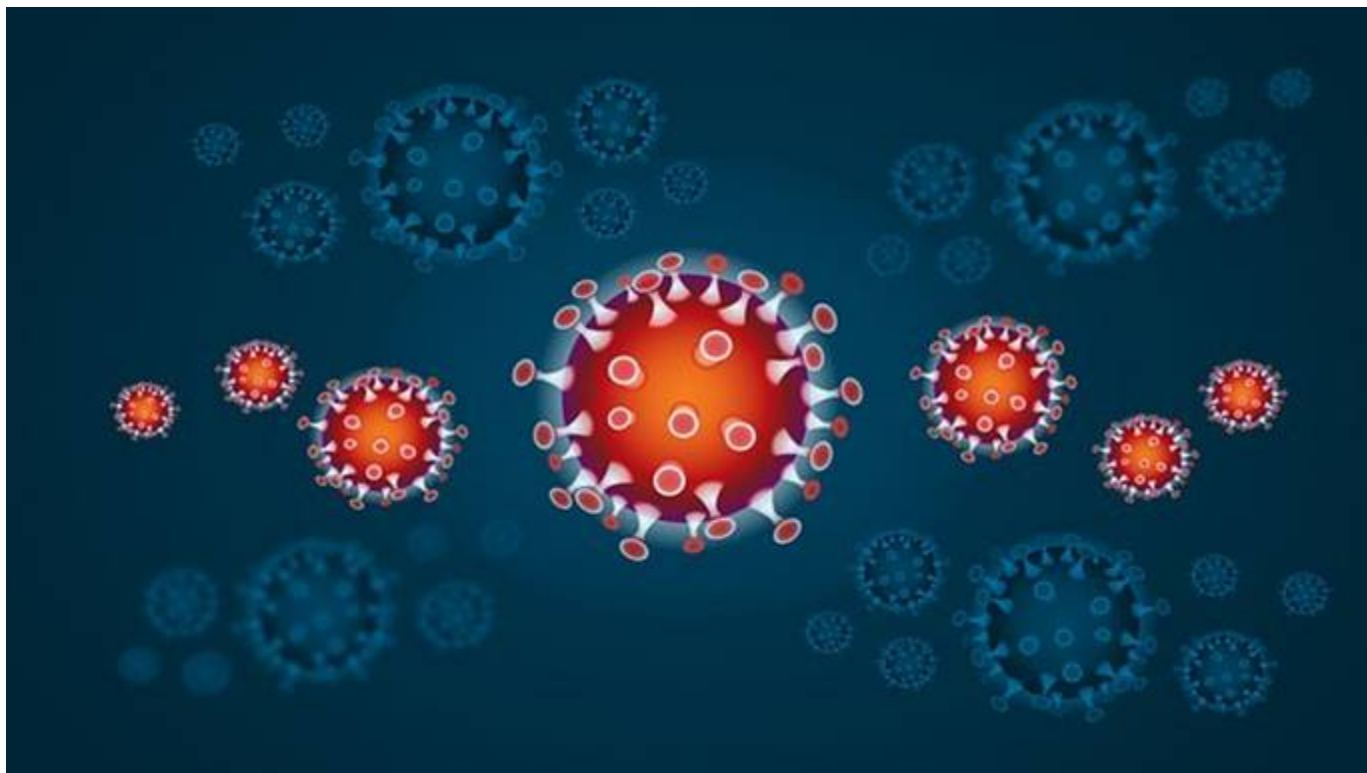
[Yoga for All Movement](#)

---

---

# Vaccine Pop-up Clinic & Testing Sites





## Covid-19 Vaccine

Do you need to get yours? There are many ways to get a vaccination, without waiting. [Click here](#) to view options.

## Covid-19 Testing



---

# GET TESTED

Many testing sites listed have restricted access. Please call ahead to determine testing eligibility.

Some CVS Pharmacies are conducting COVID-19 testing. Click here to find out more:

<https://www.cvs.com/minuteclinic/covid-19-testing>

Walgreens, 1718 Soquel Ave. Santa Cruz:

<https://www.walgreens.com/findcare/covid19/testing>

Additional California testing locations can be found here:

<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html#ca>

**Doctors on Duty – Santa Cruz**

[615 Ocean St.](#)

Santa Cruz, CA 95060  
Mon-Fri, 8am-6pm,  
Sat-Sun: 8am-2pm  
Phone: 831-425-7991

**Doctors on Duty – Watsonville**

[1505 Main St.](#)

Watsonville, CA 95076  
Mon-Fri, 8am-6pm,  
Sat-Sun: 8am-2pm  
Phone: 831-722-1444

**Doctors on Duty – Aptos**

[6800 Soquel Dr.](#)

Aptos, CA 95003  
Mon-Fri, 8am-4pm,  
Sat-Sun: Closed  
Phone: 831-662-3611

**Kaiser Permanente – Watsonville**

[1931 Main Street](#)

Watsonville, CA 95076  
Mon-Fri 1:30pm-4:30pm  
831-768-6600

**Sutter Health/PAMF - Santa Cruz  
Urgent Care**

[2025 Soquel Avenue](#)

Santa Cruz, CA 95065  
Mon-Sun 8am-5pm  
831-458-5537

**Sutter Health/PAMF - Watsonville  
Urgent Care**

[550 S. Green Valley Road](#)

Watsonville, CA 95076  
Mon-Sun 8am-5pm  
831-458-5865

**County Health Center-Santa Cruz**

[1080 Emeline Avenue](#)

Santa Cruz, CA 95060  
Monday-Friday 8am-4:30pm  
831-454-4100

**Planned Parenthood**

[398 S Green Valley Road](#)

Watsonville, CA 95076  
Tues and Thurs 12pm-1pm  
831-724-7525

**Salud Para La Gente**

[204 East Beach Street](#)

Watsonville, CA 95076  
Mon-Sat 8:30am-5:30pm,  
Sun 8:30am-12:30pm  
831-728-0222

**Cabrillo College Student Health  
Center**

[6500 Soquel Drive.](#)

Aptos CA 95003  
Mon-Thurs 9am-3pm  
831-479-6435  
[healthservices@cabrillo.edu](mailto:healthservices@cabrillo.edu)

**UCSC Cowell Student Health Center**

[1156 High Street](#)

Santa Cruz, CA 95064  
Mon-Fri 8am-5pm  
831-459-2500

**OptumServe - North County**

Santa Cruz Civic Auditorium

[307 Church Street](#)

Santa Cruz, CA 95060  
Mon-Fri 7am-7pm  
[Make an appointment](#)  
888-634-1123

**CruzMedMo**

[115 S. Morrissey.](#)

Santa Cruz, CA 95062  
Mon-Fri 9am-4pm (1pm-4pm on 2nd  
and 4th Tuesdays)

[No Appointment Necessary, +Travel  
Certificates](#)

**Test results<1hr**  
831-241-7501

## Vaccine Information from the CDC

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

---

---

# Farmer's Market



**We're lucky to still have the Farmer's Markets. Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!**

**The online Farmer's Market, EATLOCAL is back... check out their website [here](#).**

**Check out the local Farmer's Market – and don't forget to bring a mask.**

**Downtown Market:** 1pm-5pm on Wednesdays

**Westside Market:** 9am-1pm on Saturdays

**Live Oak:** 9am-1pm on Sundays

**Felton:** 1-6pm Tuesdays

**Scotts Valley:** 9am-1pm Saturdays

**Aptos:** 8am-12pm on Saturdays

**Watsonville:** 3pm-7pm on Fridays

# More Immunity Support Recipes





[Crockpot Lentil Veggie Stew](#)



[Grilled Salmon w/Mediterranean Salsa](#)





Jamu Juice – Hot or Cold

---

---

# Employee Assistance Program (EAP)



## EMOTIONAL HEALTH

When you need a helping hand, a skilled professional can provide focus, direction and support. MHN can help you identify and resolve issues involving:

Marriage and relationships

Family conflict

Stress, anxiety and emotional distress

Grief and depression

Alcohol or drug dependency

Life changes

Eligible members are entitled to:



1. Face to face counseling - up to 5 sessions per incident per calendar year with an MHN network provider
2. Telephonic consultations - for maximum convenience and anonymity
3. Web-video consultations - convenient and easy, but with a more personal touch than traditional telephonic

For more information... login to MHN Employee Assistance Program:

[members.mhn.com](https://members.mhn.com)

Select MHN EAP Employee Assistance Program Resources

Company code: **santacruz**