

BENEFITS BUZZ...

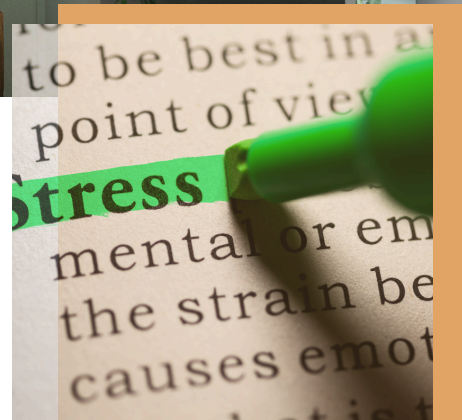


PHYSICAL FITNESS & MENTAL HEALTH AWARENESS

May is Mental Health Awareness Month and National Physical Fitness and Sports Month — the perfect time to focus on your overall wellness.



These observances encourage us to prioritize mental well-being and incorporate more physical activity into daily life, regardless of age or fitness level. Let's take this month to move more, stress less, and support each other on the path to healthier living.



PHYSICAL FITNESS

Move Your Body

- **Daily activity:** Even walking 30 minutes counts.
- **Strength training:** 2–4 times a week to build muscle and metabolism.
- **Mobility/stretching:** Helps with posture, performance, and injury prevention.



Manage Stress Like A Pro

- **Breathwork/meditation:**
- 5–10 minutes a day can shift everything.
- **Time in nature:** A walk outside can reset your nervous system.
- **Say no more:** Protect your peace by setting boundaries.

PHYSICAL FITNESS

BUILD POSITIVE HABITS



- **Stack small wins:** Start with one habit, like morning water or 10-minute walks.
- **Track progress:** Journals, apps, or checklists can keep you motivated.
- **Celebrate growth:** Progress over perfection always.

[READ MORE](#)

WEEKLY THEME TO BUILD HEALTHY HABITS

Mindful Mondays – Start the week with intention.

Tone-Up Tuesdays – Light strength or bodyweight moves.

Wellness Wednesdays – Focus on nutrition or hydration.

Thankful Thursdays – Gratitude or journal prompts.

Feel-Good Fridays – Gentle movement or stretching.

Sweat Saturdays – Cardio/light circuits.

Self-Care Sundays – Rest, reflection, and recovery.

CLAREMONT EMPLOYEE ASSISTANCE PROGRAM



WHEN PEOPLE ARE AWARE OF MENTAL HEALTH ISSUES, THEY ARE MORE LIKELY TO RECOGNIZE SYMPTOMS IN THEMSELVES OR OTHERS, ACCESS APPROPRIATE TREATMENT, AND CREATE ENVIRONMENTS WHERE MENTAL WELL-BEING IS PRIORITIZED—WHETHER AT HOME, WORK, OR SCHOOL.

EAP SERVICES HERE

**VIDEO-IN-PERSON
&
TELEPHONIC
COUNSELING
SERVICES**

Request Help
If your need is urgent,
call 800-834-3773.
Counselors are available
at all times.

OTHER FREE MENTAL HEALTH RESOURCES:

988 SUICIDE & CRISIS LIFELINE: AVAILABLE 24/7 BY PHONE, TEXT, OR CHAT FOR ANYONE EXPERIENCING SUICIDAL THOUGHTS OR EMOTIONAL DISTRESS.

BENEFIT UPDATES AND REMINDERS

**QUESTIONS ABOUT MEDICARE:
CONTACT CALPERS AT
888.225.7377 OR [CLICK HERE](#)**

REMINDED

**ALL BENEFIT CHANGE REQUEST
MUST BE SUBMITTED TO THE
CITY OF OAKLAND BENEFITS
DEPARTMENT.**

**REQUEST MADE DIRECTLY IN
THE CALPERS SYSTEM WILL
NOT BE HONORED**

As of April 11, 2025, the VSP® vision benefit microsite, has been updated with a fresh new look! The site continues to provide you with all the tools needed to support you through initial enrollment and beyond,



including:

Customized plan and benefit details.

A Savings calculator.

Tips to maximize their VSP vision benefits.

Vision-related health and wellness information.

The VSP + You Quiz.

Access to the VSP exclusive member extras program.

[Check out your refreshed VSP vision benefit microsite today!](#)

DID YOU KNOW?

All CalPERS members (regardless of health plan enrollment) have access to register for BLUESHIELD free events, recorded presentations, and much more! Don't forget to bookmark [this page](#) to stay connected and up to date with our live events.

By attending each of our events you can earn rewards:

- Invite a co-worker(s) and qualify for one \$5 Starbucks gift card.
- Blue Shield Trivia: The first 3 attendees who correctly answer a Blue Shield Trivia question during each webinar will win a prize.
- Attend 10 Wellness Webinars: CalPERS members are eligible to receive a charcuterie set by attending the entire duration of 10 webinars.