

Public Records Request #3372

The following materials have been gathered in response to public records request #3372. These materials include:

- Email Correspondence

This information was provided as a response to a public records request on 2/12/20 and is current to that date. There is a possibility of more current information and/or documents related to the stated subject matter.

Further Information

For further information about this request or the Citywide Records Program, please contact:

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From: Mann, Nan
Sent: Thursday, January 30, 2020 3:36 PM
To: _Everyone (City & CMPD)
Subject: Wellness Thursday



Wellness Thursday

CORONAVIRUS INFORMATION

It is cold and flu season and with news of the Coronavirus, here are a few reminders to help keep you well.

- Every time you cough or sneeze, cover your mouth and nose with a tissue and throw used tissues in the trash.
- Wash your hands often, especially after you cough or sneeze and touch shared surfaces.
 - Wash with soap and water for at least 20 seconds.
 - Use alcohol-based hand cleaners if soap and water are not available.
 - Wash your hands before and after preparing food or eating, after using the restroom, before and after touching your nose, eyes, or mouth, and after touching items that may have been exposed to bodily fluids.
 - Be diligent about cleaning your hands after touching shared surfaces such as workspaces, phones, elevator buttons, ATM key pads, pens, doorknobs, handrails, etc.
- Avoid touching your eyes, nose, or mouth.
- Try to avoid close contact with sick people.
- Get vaccinated for seasonal flu.
- Increase the frequency of cleaning of high touch, high traffic areas like break rooms, door handles, etc.
- If you are sick, please stay home.
- Seek treatment if you were in China in the last 14 days and feel sick with fever, cough or difficulty breathing. Call ahead before going to a doctor's office, urgent care or emergency room so appropriate steps can be taken to avoid exposing others.

ATTENTION WELLNESS INCENTIVE PARTICIPANTS

For all wellness incentive program participants, don't forget to schedule your wellness screen.

- A copy of the incentive guide can be found [here](#) for your convenience.
- To schedule a screening appointment, log into <https://member.ourhealth.org> or call OurHealth's Member Relations Team at 866-451-3467.
- If you prefer to visit your own doctor, the Biometric Results Verification Form can be found [here](#).
- **Wellness screenings run through May 1, 2020.** There is no lookback period.

One Day at A Time – Coping with Grief Program Series

When coping with grief, you may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. Join OurHealth’s Life Coach for TEA (Talking by Expressing and Affirming Feelings) to share about coping with grief. This will be a safe space to talk, listen, and learn.

Details:

Location: CMGC

Frequency: Bi-weekly

Dates: Feb 10, Feb 24, March 9, March 23, April 6, April 20

Time: 12-1p

To sign up, [click here](#).

Monthly Dose of Wellbeing from MYGroup EAP

[Click here](#) for this month’s MYGroup EAP newsletter.

It’s GAME TIME

The Super Bowl is here. The San Francisco 49ers will face the Kansas City Chiefs this Sunday. Super Bowl Sunday is the second-largest food consumption day of the year, behind Thanksgiving. Whether your favorite team is playing or not, chances are you will be celebrating America’s greatest pastimes: football and food. Many will be picking up food or turning their kitchens into small factories to produce the game day essentials. For some healthy alternatives and appetizers for game day, [click here](#).

A FEW WORDS OF WISDOM....

“Of all the people on the planet, you talk to yourself the most, make sure you are saying the right things.”

-Health Magazine



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HUMAN RESOURCES DEPARTMENT

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