



In the New Year, we want to remind you of all the fantastic resources available to you and your family to make 2017 your healthiest year to date.

Remember, you have the power to make small changes that can improve your health. [WorkWell NYC](#) is here to support your 2017 health goals!

## EAT HEALTHY AND STAY ACTIVE

- ✓ Check out the [Guide to Healthy Eating & Active Living in NYC](#) to learn simple steps for creating healthy habits, such as how to include fruits and vegetables as a key part of your heart-healthy diet. Follow easy healthy [recipes](#), developed by the NYC Department of Health & Mental Hygiene's [Stellar Farmers' Market](#) program, to get cooking.
  - ✓ Control your food portions with the help of the [plate planner](#).
  - ✓ [Choose less sodium](#). Look for sodium warning icons at chain restaurants in NYC. Meals with a warning icon have more than the daily recommended sodium limit (2,300mg).
  - ✓ Take advantage of the Weight Watchers *Live Fully* program and receive **50%** off a discounted membership price if you are a benefit-eligible employee. Benefit-eligible dependents also have access to discounted membership—making health a family affair! Go to [nyc.join.weightwatchers.com](http://nyc.join.weightwatchers.com) to learn more.
  - ✓ Make moving part of your day. On breaks, walk around the block or [climb stairs](#).
  - ✓ [Shape Up New York](#) offers free, drop-in fitness classes taught by trained fitness instructors at community centers and parks. Search [BeFitNYC.org](http://BeFitNYC.org) to find fitness activities in your neighborhood.
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## QUIT SMOKING

- ✓ City government employees can enroll in the Employee Smoking Cessation Program (ESCAPE) and receive personalized, confidential counseling and smoking cessation medications for free. Learn more [here](#) or call 212-676-2393 to enroll.
- ✓ You are more likely to stay smoke-free with support. Sign up for [NYC Quits](#) for free supportive messages to help you quit smoking for good. Text “NYCQUITS” to 877877.

## TAKE CONTROL OF YOUR HEALTH WITH PREVENTATIVE CARE AND EARLY DETECTION SCREENINGS

Did you know that many preventative screenings are available for free for employees enrolled in the EmblemHealth GHI Comprehensive Benefits Plan?

- ✓ Many preventative and early detection screenings may be available at \$0 co-pay for certain health conditions, such as [breast cancer](#), [cervical cancer](#), [HIV](#), [diabetes](#), [sexually transmitted infections](#), and [colorectal cancer](#), among others.
- ✓ Ask your provider about the benefits and risks of screening for you. Your provider will consider other possible risk factors in your health history to help guide if, when, and how often to screen. For additional information about health insurance plan improvements or other preventative services offered at \$0 co-pay, visit [nyc.gov/olr](http://nyc.gov/olr).

## SEEK HELP IF YOU NEED IT

The City offers employees and their dependents **free and confidential** services through a network of [Employee Assistance Programs \(EAP\)](#). EAP is available to employees and their family members seeking support for stress, anxiety, depression, alcohol and substance misuse, family difficulties, environmental or situational issues, and job-related concerns.

The NYC EAP provides services to the City of New York non-uniform Mayoral agencies, NYC Department of Corrections, NYC Housing Authority and NYC Health + Hospitals. Employees who are not covered by the NYC EAP can receive services from either their agency or union EAP. Services are confidential and information will not be given to your employer or affect your job status.

WorkWell NYC wants to help you and your family stay healthy. Stay tuned for regular WorkWell NYC emails like this one, which will include tips on a variety of health and wellness topics!

For more information on these and other resources for NYC employees, visit the [WorkWell NYC](#) page or contact [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov).

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