

# WELLNESS UPDATE

12/05/23



## Stress Awareness Month

- ❖ EAP- Optum
- ❖ Offers mental health counseling, financial and legal counseling, as well as other well-being resources
- ❖ [www.liveandworkwell.com](http://www.liveandworkwell.com)  
Access code: wilco

## Sleep Support:

- ❖ In-home and in-office sleep studies available through Wilco Medical plans
- ❖ 100% covered on Navigate and Choice Plus plans
- ❖ HSA plan will need to meet the deductible

# WELLNESS UPDATE CONTINUED



## Wellness Action Items

- ❖ All items must reflect as completed in the VP System by 12/15/23
- ❖ Items not submitted already run risk of not being processed by deadline

## Congratulations to our winners!

- ❖ 1<sup>st</sup> place IT - Richard Semple, Inky Chandler-Mertz , Michelle Kleen, Michael Foster, Alison Gleason
- ❖ 2<sup>nd</sup> place Red Hot Chili Steppers – Georgia Roberts, Nancy Schiller, Brittany Roes, Ciera Lanier, Evan Kanzaki

# Check out our other resources in the We Are Wilco Newsletter located on your employee Sharepoint page!

## Williamson County Employee Portal

### News

[See all](#)



#### Tech Update

### New Teams App Coming Soon

Microsoft has released a sleeker, faster Teams app that will soon be available t...



Julie Wassink November 9  
115 views



Williamson County

### November Employee Anniversaries

Congratulations to the hard-working individuals below...

Julie Wassink November 9  
323 views



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### Personal Space Heaters

The use of personal space heaters will undoubtedly...

Julie Wassink November 9  
359 views



HR Services

### Financial Awareness Month

This month we are showcasing ways Wilco One, our...

Angela Collins November 9  
138 views