



Resilience Sessions with meQuilibrium

A 20-minute resilience session makes for a great break in the day. Join meQuilibrium's 20-minute sessions at noon each date.



You have four different options, or you can try them all! Reserve your spot with the links below:

- **Bringing in Positivity:** Tues, Sept. 7
go.mymeq.com/bringpositivitycitystpaul
- **Mindfully Managing Stress:** Wed, Sept 8
go.mymeq.com/managingstresscitystpaul
- **Take a Self-Care Moment:** Thurs, Sept 9
go.mymeq.com/selfcaremomentcitystpaul
- **End of Week Unwind:** Fri, Sept 10
go.mymeq.com/endofweekunwindcitystpaul

Lead by meQuilibrium's Alanna Fincke, SVP Director of Content and Board Certified Health Coach, you will learn about the science of resilience and discover methods to boost your overall wellbeing!

meQuilibrium - Support Tool

This stress management app is designed to help you discover simple techniques to build your resilience and shift your response to stressful thoughts and situations.



MeQuilibrium is HIPAA compliant and all information is confidential. You'll get a personalized program created from over 20 years of research in positive psychology, resilience training, and integrative medicine spearheaded by psychologist Andrew Shatté, Ph.D. and Adam Perlman, M.

Step One Enroll at medica.com/cityofstpaul

Step Two

Complete the assessment.

Immediately gain insights into your stress personality, thinking patterns, and lifestyle habits that cause you to feel overwhelmed. It takes 10-15 minutes!



Step Three

Download the meQuilibrium app. Get quick access to daily stress-busting tips and inspiration whenever and wherever you need it.

continued →

MyHealthRewards



More details available in October!

Register teams of 5 by October 18. Steps validated manually or eligible Sync device. Earn points through registration, weekly participation, and by being a top team. Check this newsletter in October for more!

Open Enrollment dates are set!

Look for an on site or virtual meeting near you **October 18-31**. Flu shots will be available at on site sessions. If you're interested in becoming a wellness champion, we are looking to expand the team - let Nance Lee know you are interested, details can be found during open enrollment!



Log on to mymedica.com to access the Healthy Saint Paul Wellbeing program

By choosing from the wide variety of activities, you can earn points towards the **Healthy Saint Paul** Wellbeing Program incentive AND gift cards at the **Virgin Pulse store**.

Visit the sites below for opportunities to earn:

Employees- medica.com/wellness/healthy-saint-paul

Family- medica.com/wellness/my-health-rewards-members

Vaccination = Essential Protection

Getting vaccinated protects yourself, your family, and the community. When you have been fully vaccinated, you can earn **1,000 points** toward your Healthy Saint Paul wellbeing program!

Follow these steps to earn:

1. Log in to your Healthy Saint Paul account on Virgin Pulse.
2. Go to the Benefits page and find the COVID-19 Vaccine program.
3. Click on **Start Now**.
4. Report completion of all recommended COVID-19 vaccine doses.



If you have questions about COVID-19 vaccine availability and coverage, please review the [Medica COVID-19 Vaccine FAQ](#).

SHARE YOUR JOURNEY

We are looking for City of Saint Paul employees who value wellbeing. There are multiple aspects of wellbeing: Physical, Social, Emotional, Financial, Career; think of the following when you share your journey. You don't have to have completed an athletic event or major weight goal (but if you did, we'd love to hear about it):

- Did you volunteer and improve your community wellbeing?
- Do you host a regular game night or dinner with friends and family?
- How do you maintain your mental health through stressful times?
- Have you successfully paid off debt or saved for an important purchase?
- What do you do to amplify your career wellbeing?



Your journey can inspire others, we'd love to hear it. Click here or scan the QR code above to fill out the survey to share your story!



For more information about the Healthy Saint Paul Well-being Program, visit healthy.stpaul.gov