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Complete your Additional Wellness Activity by December 31, 2019.

You have until **December 31** to complete your Additional Wellness Activity. It is the final requirement to receive the reduced wellness rate for next year's medical insurance premiums.

If you have not already, please complete one (1) additional activity if you completed a biometric during FY19. You must complete two (2) additional activities if did not complete a biometric during FY19.

- **Flu Shot (*Schedule Coming August 2019*)**

- *On-site Flu Shot Clinic*

- Flu Shot clinics will be available to benefits eligible City of Durham employees and dependents. For a full calendar of Flu Shot Clinics consult the HR CODI site.

- *Note: Dependents must be at least 14 to receive a flu shot at an On-site clinic.*

- *Primary Care/Pharmacy*

- To obtain a flu shot, you can see your primary care physician, or visit a local pharmacist that participates in the AETNA network and provide your health insurance card.

- **City Sponsored Wellness Event/Challenge**

- Human Resources will schedule Wellness events, and communicate each event individually. These events include the Annual Live Well Benefits & Wellness Fair, Financial Wellness Event, Behavioral Wellness Events, Lunch & Learns, Men & Women's Health Symposium, Quarterly Fitbit Challenges, and the Run With the Mayor. Consult the [HR CODI site](#) for dates locations and times.

- **Approved Departmental Wellness Activities**

- Departments have the option to provide wellness activities for their employees; however, these activities must be pre-approved by Human Resources for employees to receive wellness credit.

Please call HR Connect at (919) 560-4214 or email HRConnect@DurhamNC.gov for assistance.

*The wellness calendar is subject to change; please consult the [HR CODI calendar](#) for the most up to date information.

Wellness Calendar 2019*



Event	Date	Start Time	End Time	Department- Location
Lunch & Learn Sponsored by Aetna (Aetna Resources)	Tuesday, January 22, 2019	12:00:00 PM	1:00:00 PM	City Hall - Conf Room 1A (Audit Services Area)
Lunch & Learn Sponsored by 20/30 Fast Track (Hormones & Weight loss)	Tuesday, February 26, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room Annex-A (Finance - Annex Bldg)
Live Well Benefits & Wellness Fair	Wednesday, March 20, 2019	10:00:00 AM	2:00:00 PM	Durham Convention Center
Financial Wellness Seminar (10 Question Retirement Guide)	Friday, March 22, 2019	1:00:00 PM	2:00:00 PM	City Hall - 2nd Floor Committee Room
Quarter 3 FY19 Fitbit Challenge Begins	Monday, March 25, 2019			Fitbit Application
Lunch & Learn Sponsored by Delta Dental (Making the Link: Oral Health and Overall Health)	Tuesday, March 26, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room 1A (Audit Services Area)
Lunch & Learn Sponsored by Liberty Mutual (Severe Weather Preparedness)	Tuesday, April 16, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room Annex-A (Finance - Annex Bldg)
Lunch & Burn (Body Weight Exercises)	Wednesday, April 17, 2019	12:00:00 PM	1:00:00 PM	City Hall - Annex Patio
Quarter 4 FY19 Fitbit Challenge Begins	Wednesday, May 01, 2019			Fitbit Application
Behavioral Health & Wellness Session (Learning to Relax)	Wednesday, May 15, 2019	1:00:00 PM	2:00:00 PM	City Hall - 2nd Floor Committee Room
Financial Wellness Seminar (Prudential)	Thursday, May 16, 2019	1:00:00 PM	2:00:00 PM	City Hall - 2nd Floor Committee Room
Lunch & Learn Sponsored by Bull City Chiropractic (Topic: TBA)	Tuesday, May 28, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room Annex-A (Finance - Annex Bldg)
Men's Health Symposium	Thursday, June 13, 2019	9:00:00 AM	1:00:00 PM	DPR - Holton Career and Resource Center
Financial Wellness Seminar (How Much Does Retirement Cost)	Friday, June 21, 2019	9:00:00 AM	10:00:00 AM	Water Management - North Durham Rec. Facility
Mindfulness & Meditation Session 1: Setting the Tone	Wednesday, July 17, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Mindfulness & Meditation Session 2: Mindfulness of the Breath and Other Anchors	Wednesday, July 24, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Behavioral Health & Wellness Session (Eating Healthy on the Go)	Wednesday, July 24, 2019	4:00:00 PM	5:00:00 PM	Public Works - PWOC Training Room
Mindfulness & Meditation Session 3: Mindfulness of the Body	Wednesday, July 31, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Quarter 1 FY20 Fitbit Challenge Begins	Thursday, August 01, 2019			Fitbit Application
Mindfulness & Meditation Session 4: Mindfulness of the Body, Part 2	Wednesday, August 07, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Mindfulness & Meditation Session 5: Loving-Kindness	Wednesday, August 14, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Well Balanced Nutrition Seminar: What the heck is Well Balanced eating anyway?	Thursday, August 15, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room 1A (Audit Services Area)
Mindfulness & Meditation Session 6: Loving-Kindness at Work	Wednesday, August 21, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Financial Wellness Seminar (Prudential)	Wednesday, August 21, 2019	1:00:00 PM	2:00:00 PM	City Hall - 2nd Floor Committee Room
Behavioral Health & Wellness Session (The Importance of Sleep)	Thursday, August 22, 2019	1:00:00 PM	2:00:00 PM	Solid Waste - Auditorium
Mindfulness & Meditation Session 7: Standing, Walking, and Other Postures	Wednesday, August 28, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Mindfulness & Meditation Session 8: Mindfulness of Emotions	Wednesday, September 04, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Mindfulness & Meditation Session 9: Mindfulness of Emotions, Part 2	Wednesday, September 11, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Well Balanced Nutrition Seminar: What the heck is Well Balanced eating anyway?	Thursday, September 12, 2019	9:00:00 AM	10:00:00 AM	Fleet - Training Room
Eating Well with Chef Cordell (Cooking Demo) "Cooking on a Budget"	Tuesday, September 17, 2019	1:00:00 PM	2:00:00 PM	Walltown Recreation Center (Sign Up Required)
Mindfulness & Meditation Session 10: Mindfulness of Thoughts/Processes of the Mind	Wednesday, September 18, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Lunch & Learn Sponsored by Aetna (Understanding Your Aetna EOBs and Claims)	Thursday, September 19, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room 1A (Audit Services Area)
Financial Wellness Seminar (How to Payoff & Prevent Debt)	Tuesday, September 24, 2019	1:00:00 PM	2:00:00 PM	Police - Headquarters
Mindfulness & Meditation Session 11: Mindfulness of Mind States	Wednesday, September 25, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Quarter 2 FY20 Fitbit Challenge Begins	Tuesday, October 01, 2019			Fitbit Application
Mindfulness & Meditation Session 12: Mindfulness in Everyday Life at Work and at Home	Wednesday, October 02, 2019	12:00:00 PM	12:30:00 PM	Zoom Online (Register Here)
Well Balanced Nutrition Seminar: What the heck is Well Balanced eating anyway?	Thursday, October 03, 2019	2:00:00 PM	3:00:00 PM	Solid Waste - Auditorium
Lunch & Learn Sponsored by Aetna (Know Your Aetna Member Tools)	Thursday, October 10, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room 1A (Audit Services Area)
Run with the Mayor	Saturday, October 19, 2019	10:00:00 AM	1:00:00 PM	DPR - American Tobacco Trail
Women's Health Symposium	Wednesday, October 23, 2019	9:00:00 AM	12:00:00 PM	City Hall - Council Chambers
Well Balanced Nutrition Seminar: What the heck is Well Balanced eating anyway?	Friday, October 25, 2019	9:00:00 AM	10:00:00 AM	Water Management - North Durham Rec. Facility

Eating Well with Chef Cordell (Cooking Demo) "Menu planning: Cooking for the week"	Tuesday, October 29, 2019	1:00:00 PM	2:00:00 PM	Walltown Recreation Center (Sign Up Required)
Well Balanced Nutrition Seminar: What the heck is Well Balanced eating anyway?	Wednesday, November 06, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room 1A (Audit Services Area)
Lunch & Learn Sponsored by Aetna (Mindfulness Eating)	Friday, November 08, 2019	1:00:00 PM	2:00:00 PM	City Hall - Conf Room 1A (Audit Services Area)
Behavioral Health & Wellness Session (Staying Young through the Years)	Tuesday, November 12, 2019	9:00:00 AM	10:00:00 AM	Fleet - Training Room
Eating Well with Chef Cordell (Cooking Demo) "How to lose weight the healthy way"	Tuesday, November 19, 2019	1:00:00 PM	2:00:00 PM	Walltown Recreation Center (Sign Up Required)
Financial Wellness Seminar (Prudential)	Wednesday, November 20, 2019	1:00:00 PM	2:00:00 PM	City Hall - 2nd Floor Committee Room
Well Balanced Nutrition Seminar: What the heck is Well Balanced eating anyway?	Thursday, December 05, 2019	1:00:00 PM	2:00:00 PM	Golden Belt -NIS Main Conference Room
Eating Well with Chef Cordell (Cooking Demo) "What foods can reduce stress?"	Thursday, December 12, 2019	1:00:00 PM	2:00:00 PM	Walltown Recreation Center (Sign Up Required)
Eating Well with Chef Cordell (Cooking Demo) ""Heart Healthy Meals"	Thursday, January 16, 2020	1:00:00 PM	2:00:00 PM	Walltown Recreation Center (Sign Up Required)

**Calendar subject to change, always consult the HR CODI calendar for updates.*

***Employee must attend 3 of 12 Mindfulness Sessions for Wellness Credit*

If you have questions please contact HR Connect at 919-560-4214 or email HRConnect@durhamnc.gov