Date: April 4, 2019
To: JLMBC
From: Staff
Subject: LIVEwell Program Update

RECOMMENDATION
That the JLMBC (a) receive and file staff report regarding LIVEwell Program developments, updates, and activities; (b) approve proposed 2019 Annual Employee Wellness Survey; and (c) approve expenditures of up to $30,000 from the Employee Benefits Trust Fund/Wellness sub-account to fund the 2019 LIVEwell Program Wellness Festival.

DISCUSSION

A. Engagement Plan & Events Update

(1) Communications

The March “What’s Happening in Wellness” monthly LIVEwell Program email focused on healthy nutrition. The newsletter promoted scheduled Cooking Demonstration classes and the Nutrition at Your Fingertips webinar. Employees were also provided with tips on preparing healthy meals without a recipe (Attachment A).

(2) Regular Events: Education Classes, Clinics, and Webinars

Education Classes
In March, staff coordinated Cooking Demonstration classes at nine locations. The classes focused on healthy summer salads (Attachment B). The chef provided tips on pre-preparing and storing salads. The classes were attended by 325 employees.

Also in March, staff coordinated a Maternity Wellness Workshop. The workshop provided future and/or expectant mothers and fathers with information on practices, tools, and care to support a healthy pregnancy. The workshop addressed how to manage the physiological changes during pregnancy; nutritional information regarding what foods to eat and/or avoid to manage a healthy weight; what types of exercises to do; activities to avoid while pregnant; the importance of regular visits with an obstetrician; and the benefits of lactation classes. The classes were attended by 82 employees.
Participation by Location
For the period March 1 – March 21, 2019, 13 classes were held, with 407 attendees. Following is a chart showing the distribution of attendees by location:

Webinars
In March, staff coordinated the Nutrition at Your Fingertips webinar. The presentation focused on accessing nutrition information quickly through smart phone, tablet applications, and websites; nutrition science and why it can be confusing; how sugar affects the body; servings of food groups a person needs daily; and websites for healthy recipes. The webinar was attended by 10 employees.

Engagement Results
As of March 2019, fiscal year 2018-19 engagements have surpassed staff’s goal of 6,000 and are at 7,069 total engagements (see following charts):
(3) Special Event

**LIVEwell Local**

In March, staff participated in the Department of Transportation (LADOT) Health Fair. The event included LAwell Program benefit service providers; the Department of Recreation and Parks; the Emergency Management Department; the Los Angeles Fire Department’s Risk Reduction Unit; the Personnel Department’s Occupational Health and Safety Group; and various health and wellness-related vendors like MySafeLA, Farm Fresh To You, Good Samaritan Hospital, the American Red Cross, and Mothers Against Drunk Driving (MADD). Raffle prizes were awarded to employees who attended the event. LADOT employees visited the LIVEwell booth where staff provided information regarding wellness events, activities, and resources to encourage healthy behaviors. A total of 275 employees visited the LIVEwell booth.

**Feel Like A Million Challenge**

As previously reported at the JLMBC’s March 7, 2019 meeting, the 2019 **Feel Like A Million** Challenge concluded on February 24, 2019. Staff indicated it would provide a fuller report detailing usage and member feedback for the JLMBC’s April 4, 2019 meeting.

A total of 1,323 employees participated in the challenge. During the challenge, participating members were asked to log daily wellness activities. Each activity supported core LIVEwell wellness pillars of...
physical activity, healthy nutrition, stress management, and prevention. Each activity had a virtual dollar amount associated with it so as members logged activities their total virtual dollar amount increased.

Teams competed for the highest average earned dollars. Individuals not on teams could also compete for the highest individual dollars earned. A total of 93 teams consisting of 636 members participated along with an additional 687 members participating as individuals. The three highest earning teams and the ten highest earning individuals received prizes. The highest earning team and the top ten individuals received a FitBit Iconic, while the second highest earning team received a LIVEwell branded Bluetooth speaker, and the third highest earning team received an exercise ball & sports pack (Attachment C).

Final results from the Feel Like A Million Challenge demonstrated its success in that participants reported having made healthy changes in their habits. Certain indicators self-reported by participants demonstrated that positive behavioral changes occurred after participating in the event. Following are comparisons of what participants reported at the beginning vs. the end of the challenge:

**Alignment of Actions to Values**
The following chart compares what participants reported with respect to alignment of daily actions with their values. Participants who reported that they strongly agreed that their daily actions aligned with their values increased by 17.7% after having participated in the challenge.

**Servings of Fruits and Vegetables**
The following chart indicates that participants increased the number of servings of vegetables and fruits they consumed each day. At the start of the challenge, the total of the percentages of employees who indicated they consumed between four and 10 vegetables per day was 27.8%. At the end of the challenge, the reported total rose to 57.6%, an increase of 29.8%.
Average Number of Days a Week Exercising Continuously for 30 Minutes or More
The following chart indicates that participants increased the number of days a week in which they continuously exercised for 30 minutes or more. At the start of the challenge, the total of the percentages of employees who indicated they exercised continuously for 30 minutes or more on four to seven days a week was 29.5%. At the end of the challenge, the reported total rose to 62%, an increase of 32.5%. Also, 11.2% of employees who stated that they did not exercise at the onset of the challenge began to exercise during the course of the challenge.
Waking Up Feeling Fully Rested
The following chart indicates there was an increase in the number of employees waking fully rested each day at the conclusion of the challenge. At the start of the challenge, the total of percentages of employees who indicated they agreed or strongly agreed that they wake up fully rested each day was 41.7%. At the end of the challenge, the reported total rose to 72.8%, an increase of **31.1%**.

![Chart showing increase in employees waking up fully rested](chart.png)

Feedback
Overall, feedback from City employees who participated in the **Feel Like A Million** Challenge was very positive. Below are samples of some of the feedback received from participants.

**2019 Feel Like A Million Challenge Employee Feedback**

“*I thought I was pretty healthy, but the Feel Like a Million Challenge really gave me the incentive to prioritize more healthy habits, especially the "quieter" self-care activities like journaling, active relaxation, meaningful connections, and meditation. I definitely feel better now that I’ve incorporated so many healthy tasks into my daily routine.*” - Megan

“*This program surprisingly improved my life. It made me aware of how to significantly boost my energy levels every day and helped me better my mission statement. Thank you so much!*” - Dennis

“*Correcting my bad habits is really improving my health for better. I have more energy and better mood and well mind in performing work. I will keep my million of success and will continue training myself to be a billion success in the future.*” - Anonymous

“*Feel Like a Million is a good motivation for me; simple action, thoughts and ways becomes a million blessings! Congrats to everyone!*” - Leticia

“*Before you commit, you need to be honest with what you can do vs. what you want to do. Only you know what you can handle. It doesn't hurt to challenge yourself. I never thought I would be able to complete or join this club. But that was my challenge to join and participate. Next thing you know, I am trying meditation, etc...practicing the activities.*” - Anonymous
B. 2019 Annual Employee Wellness Survey

Goal:
Staff has developed a proposed 2019 Annual Employee Survey. The purpose of the survey is to evaluate the LIVeWell Wellness Program’s on-going progress in terms of participation, satisfaction, and behavioral change.

Specific 2019 Objectives Include:

• Benchmark the data and track changes versus the 2017 and 2018 Employee Wellness Surveys to document progress in wellness practices, particularly preventative practices, and identify obstacles to behavior change
• Gather further insights into employee interests in order to refine LIVeWell Program elements
• Identify opportunities for improvement in wellness awareness, interest level, and readiness
• Assess value of LIVeWell Program content

Key Survey Topics (see Attachment D for details)

• Health interest/priority and health status
• Habits (exercise, diet/eating, sleep)
• Frequency of prevention visits/health monitoring habits (annual exams)
• LIVeWell Program awareness as well as participation to date
• LIVeWell Program topics/interests

Approach

• Participants: LAWell Program members
• Length: Approximately 10 minutes
• Methods: Online survey using Survey Monkey; hard copy survey upon employee request
• Timeline: The survey will be open April 15th – 21st with actual availability through April 28th in case more time is needed
• Survey Communication and Distribution:
  o Outreach (memos, emails, and newsletters) to key stakeholders and email to union leaders with postcard and printable survey
  o Mail postcards to all members (with option to request a survey by mail) and email to all-City (April 8th) with a reminder on April 22nd
  o Post postcard on Keeping LAWell website
  o Email targeted field departments, e.g., GSD and Rec & Parks with printable survey
  o Extend the survey for a second week with a final all-City email reminder (April 22nd)
Survey Development and Implementation Timeline Overview (all dates are week beginning days or Sundays):

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<tbody>
<tr>
<td>✓ Develop survey plan.</td>
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<tr>
<td>✓ Develop and test survey.</td>
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<td>✓ Develop email invite and postcard mailer.</td>
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<td>Obtain approval (JLMBC meeting 4/4).</td>
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<td>Send postcard to print shop.</td>
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<td>Proof postcard.</td>
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<td>Provide postcard to GSD.</td>
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<td>GSD mails postcards.</td>
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<td>Send email to all stakeholders.</td>
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<td>Send email to depts with printable surveys.</td>
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<td>Send email invite and flyer to members/conduct survey</td>
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<tr>
<td>Post invite on websites.</td>
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<tr>
<td>Send reminder email(s).</td>
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<td>Collect results and input hard copy surveys.</td>
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<td>Analyze results.</td>
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<td>Write report.</td>
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<td>Present/distribute results.</td>
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Staff recommends that the JLMBC approve the proposed 2019 Annual Employee Wellness Survey.

C. 2019 LIVEmall Wellness Festival

Overview:
The 2018 LIVEmall Wellness Festival was held on June 26, 2018 in the South Hall South Plaza from 11:00 a.m. to 1:00 p.m. Approximately 900 employees attended the Festival surpassing the 675 participants projected to attend. Attendees provided enthusiastic feedback about the Festival’s upbeat theme, fun games, and valuable wellness information. A variety of vendors, partners, City departments, and subject matter experts participated in the event.

Building on this success, staff is developing a 2nd Annual LIVEmall Wellness Festival. Staff will follow a format very close to the format from 2018.

Location: City Hall South
Date & Time: Tuesday, June 11, 2019; 11:00 a.m. to 1:00 pm.
Goal: Promote LIVEmall program resources

Objectives:
- Continue building awareness of the LIVEmall Program and its classes, clinics, webinars, and events
- Continue to foster a culture of wellness for City employees
- Promote awareness of other LAwell Program services
- Introduce and promote the new LIVEmall Wellness portal offered by Limeade
Primary Elements:
- A variety of booths hosted by the City’s LAwell Program benefit service providers, other Employee Benefits Division administered programs, and City stakeholders
- Space for showcasing practical and educational demonstrations
- Games and engaging activities

Promotion:
- Reminder emails
- Inclusion in the monthly What’s Happening in Wellness Newsletter
- Inclusion in the Personnel Department’s Citywide monthly newsletter
- Flyers – LIVEwell Team will post flyers throughout City buildings in the Civic Center Area including City Hall, City Hall East, City Hall South, LACERS, LADOT, Public Works Building, Police Administration Building, Fig Plaza, Personnel, and Fire & Police Pensions
- Leverage Partners/Champions – Partner with labor and departmental contacts and champions to promote attendance

Budget: Below is the estimated budget, based on 1,040 participants (see below), or approximately 40% of the estimated local civilian employee population (2,600).

<table>
<thead>
<tr>
<th>LIVEwell 2019 Wellness Festival Estimated Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Based 1040 Number of Attendees or 40% of the local employee population + 25 guests</td>
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<table>
<thead>
<tr>
<th>Venue Rental Fees</th>
<th>Source</th>
<th># Participants or items</th>
<th>Cost per item</th>
<th>Subtotal</th>
<th>Estimated Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rental Fee</td>
<td>CHS Plaza</td>
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<td>Site Labor (AAA)</td>
<td>Pick up and delivery</td>
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<td>$150</td>
<td>$150</td>
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<tr>
<td>Table Rental 8‘</td>
<td>Cith Hall Vendor</td>
<td>25</td>
<td>$9</td>
<td>$225</td>
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<tr>
<td>Tent Rental</td>
<td>Cith Hall Vendor</td>
<td>25</td>
<td>$65</td>
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<td>Chair Rental</td>
<td>Cith Hall Vendor</td>
<td>50</td>
<td>$1</td>
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<td>Ramp rental</td>
<td>Cith Hall Vendor</td>
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<td>$750</td>
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<td>Permits</td>
<td>GSD/Other</td>
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Venue Subtotal: $2,800

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<th>Materials</th>
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<tr>
<td>Beats Headphone</td>
<td>Wellness Funds</td>
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<td>Fitbits</td>
<td>Wellness Funds</td>
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<td>Wristbands</td>
<td>Office supply</td>
<td>na</td>
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<tr>
<td>Printing &amp; Booth Cards</td>
<td>(Piper Tech)</td>
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<td>$1,115</td>
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<tr>
<td>Giant Games (3)</td>
<td>na</td>
<td>na</td>
<td>na</td>
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<tr>
<td>Balloons/decorations</td>
<td>Wellness Funds</td>
<td></td>
<td>$200</td>
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Materials Subtotal: $2,565

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<tr>
<th>Giveaways</th>
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<th># Participants or items</th>
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<th>Estimated Total</th>
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<tr>
<td>Game and raffle prizes*</td>
<td>Wellness Funds</td>
<td>1</td>
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<td>Sunscreen</td>
<td>Wellness Funds</td>
<td>600</td>
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<td>UV Protection Sunglasses</td>
<td>Wellness Funds</td>
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<td>Sudoku</td>
<td>Wellness Funds</td>
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<td>$1,050</td>
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<td>Trail Mix</td>
<td>Wellness Funds</td>
<td>1050</td>
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Giveaways Subtotal: $6,150

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<td>Live music</td>
<td>na</td>
<td>na</td>
<td>$350</td>
<td>$350</td>
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<td>Chair Massage (3 massueses, 2.5 hrs)</td>
<td>Wellness Funds</td>
<td>10</td>
<td>$85</td>
<td>$850</td>
<td>$850</td>
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<tr>
<td>Screenings</td>
<td>Wellness Funds</td>
<td>200</td>
<td>$42</td>
<td>$8,400</td>
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</table>

TOTAL ESTIMATED COST: $27,265
The estimated cost assumes attendance of 1,040 civilian City employees. In 2018, staff ordered 400 biometric screenings at $42 (a total of $16,800). There were a total of 133 screenings provided during the festival. This year staff is budgeting for 200 screenings at a projected total of $8,400.

Staff recommends that the JLMBC approve an expenditure of up to $30,000 from the Employee Benefits Trust Fund/Wellness sub-account to fund the 2019 LIVEwell Wellness Festival. The total is slightly higher than the projected expenditures in the event of unanticipated costs.

Submitted by: _________________________________
Leo Reyes

Reviewed by: _________________________________
Isaias Cantú

Approved by: _________________________________
Steven Montagna
Portion sizes have increased.

FACT: Portions for both foods and drinks have increased. In fact, many people consume in one sitting what is considered to be several servings. A food item’s Nutrition Facts Label will reflect some of these larger portions and help you determine the total amount of calories (and other nutrients) that are consumed per serving (or per container).* For more information, see the attached wellness tip, “How to Read Nutrition Labels”.

Eating carbohydrates causes weight gain.

FICTION: Too many calories from any type of food (or beverage) can result in weight gain.*

Only fresh produce is considered to be a good source for fruits and vegetables.

FICTION: All types of fruits and vegetables, including fresh, frozen, canned, 100% juice, and dried will help you meet your daily goals. However, it’s important to look for fruits in water or their own juice (with no added sugars). For vegetables, choose no added salt or ones labeled reduced or low sodium.*

*Source: Academy of Nutrition and Dietetics website, www.eatright.org
See how healthy cooking is done, with new recipes and tips from the chef. Plus sample delicious foods and take home some cooking tools!

<table>
<thead>
<tr>
<th>Location</th>
<th>Room</th>
<th>Time</th>
<th>Date</th>
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<tbody>
<tr>
<td>City Hall East</td>
<td>Controller Room 351</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/19</td>
</tr>
<tr>
<td>City Hall East (Evening Class)</td>
<td>Controller Room 351</td>
<td>5:15 p.m. - 6:15 p.m.</td>
<td>3/6</td>
</tr>
<tr>
<td>Figueroa Plaza</td>
<td>11th Floor Conference Room</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/20</td>
</tr>
<tr>
<td>Garland Building</td>
<td>1st Floor Auditorium</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/13</td>
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<tr>
<td>Hyperion Water Reclamation Plant (WRP)</td>
<td>Multipurpose Room, Service Maintenance Facility</td>
<td>11:30 a.m. - 12:30 p.m.</td>
<td>3/26</td>
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<tr>
<td>Marvin Braude Building</td>
<td>Conference Room 1A &amp; B</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/21</td>
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<tr>
<td>Media Tech Center (MTC)</td>
<td>MTC Training Room</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/14</td>
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<td>Personnel Building</td>
<td>Room 115C</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/12</td>
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<tr>
<td>Police Admin Building</td>
<td>Compstat Room</td>
<td>12:00 p.m. - 1:00 p.m.</td>
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<tr>
<td>Port of LA</td>
<td>Port Plaza Training Room</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/5</td>
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<tr>
<td>Public Works Building</td>
<td>Sub-Basement Room 7</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/7</td>
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<tr>
<td>Rec &amp; Parks Central Service Yard (CSY)</td>
<td>Conference Room 1</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>3/28</td>
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Cooking classes are one hour!

Sign up today. Space is limited!
Congratulations
Feel Like A Million Participants!
1,323 Participants and 93 Teams
## Here are the Top Teams & Individuals!

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team Name</th>
<th>Team Members</th>
<th>Team Score</th>
<th>Prize</th>
<th>Rank</th>
<th>Name</th>
<th>Score</th>
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<tbody>
<tr>
<td>1</td>
<td>Millionaire$</td>
<td>Nichelle Erby (leader) Andrew Marciano Emiliano Hernandez Laura Salgado</td>
<td>$2,041,200</td>
<td>FitBit Iconic</td>
<td>1</td>
<td>Linda Zhu</td>
<td>$2,083,500</td>
</tr>
<tr>
<td>2</td>
<td>24K Magic!!</td>
<td>Tania Arzate (leader) Monica Loaiza Avani Pandya Michelle Sangalong Alexander Tagle</td>
<td>$2,004,320</td>
<td>Blue Tooth Speaker</td>
<td>2</td>
<td>Nargis Choudhry</td>
<td>$2,081,000</td>
</tr>
<tr>
<td>3</td>
<td>Healthy Buddies</td>
<td>Evelyn Ignacio (leader) Lilibeth De La Fuente Myrn Pilkington Marie Saraos Medinilla</td>
<td>$1,995,075</td>
<td>Everlast Exercise Ball and Sportpack</td>
<td>3</td>
<td>Alicia Perez</td>
<td>$2,080,800</td>
</tr>
</tbody>
</table>

Each Top 10 individual wins a FitBit. If the individual is also a team winner, the participant also receives the second place prize.

This challenge had a little something for everyone. We hope you found ideas that helped you work on your wellness in your own way and inspired lasting changes! Everyone who participated should be very proud!
The City’s civilian employee wellness program is adding more activities and tools. We would like to get your input on how the program is working for you and what activities or information would interest you.

Please complete our new survey by May 6th. It should take no more than 10 minutes. It’s completely voluntary and confidential. However, there is the option to provide your contact information if you are interested in helping plan and promote wellness activities. Thanks for your participation!

Please return your completed survey via City mail to:
Employee Benefits Division
Attention: Wellness Analyst
Mail Stop #621
City Hall Room 867

You can also send it via U.S. mail to:
City of Los Angeles
Employee Benefits Division
Attention: Wellness Analyst
200 N. Spring Street, Room 867
Los Angeles, CA 90012

BACKGROUND INFORMATION

These background questions help us develop targeted program activities. As a reminder, your responses are totally anonymous.

1. What is your age? (Check one)
   - ☐ 21 or under
   - ☐ 22-34
   - ☐ 35-44
   - ☐ 45-54
   - ☐ 55-64
   - ☐ 65 or older
   - ☐ I prefer not to answer.

2. With which gender do you most identify? (Check one)
   - ☐ Female
   - ☐ Male
   - ☐ Non-binary/third gender
   - ☐ Other
   - ☐ I prefer not to answer.
3. What is your marital status? (Check one)
   □ Single, Never married, Widowed, Divorced, or Separated
   □ Married or domestic partnership
   □ I prefer not to answer.

4. Do you have children? (Check one)
   □ Yes
   □ No
   □ I prefer not to answer.

5. With which ethnicity do you most identify? (Check all that apply)
   □ White
   □ Black or African American
   □ Hispanic or Latino
   □ Asian
   □ American Indian or Alaska Native
   □ Native Hawaiian or Other Pacific Islander
   □ Other
   □ I prefer not to answer.

6. What City Department do you presently work for? (Check one)
   □ Aging
   □ Airports, Los Angeles World
   □ Animal Services
   □ Board of Public Works
   □ Building and Safety
   □ Cannabis Regulation
   □ Chief Legislative Analyst, Office of the
   □ City Administrative Officer, Office of the
   □ City Attorney, Office of the
   □ City Clerk, Office of the
   □ City Council Offices: Districts 1-15
   □ Contract Administration, Bureau of Public Works
   □ Controller, Office of the
   □ Convention & Tourism Development
   □ General Services Department
   □ Harbor Department (Port of LA)
   □ Housing Authority
   □ Housing & Community Investment
   □ Human Relations Commission
   □ Information Technology Agency
   □ LACERS
   □ Library
   □ Los Angeles Convention Center
   □ Mayor, Office of the
   □ Neighborhood Empowerment
   □ Pensions, Fire and Police
   □ Personnel Department
   □ Planning Department
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☐ Cultural Affairs Department
☐ Disability, Department on
☐ Economic and Workforce Development
☐ El Pueblo
☐ Emergency Management Department
☐ Employee Relations Board
☐ Engineering, Bureau of Public Works
☐ Ethics Commission
☐ Fire Department
☐ Finance, Office of

☐ Police Department
☐ Project Restore
☐ Public Accountability, Office of
☐ Recreation & Parks
☐ Sanitation, Bureau of Public Works
☐ Street Lighting, Bureau of Public Works
☐ Street Services, Bureau of Public Works
☐ Transportation, Department of
☐ Water and Power, Department of
☐ Zoo

7. What shift or schedule do you work? (Check one)
☐ 1st Shift (daytime)
☐ 2nd Shift (evening)
☐ 3rd Shift (overnight)
☐ Rotating

8. Which Employee Labor Organization (MOU#) are you represented by? (Check one)
☐ AFSCME - American Federation of State, County, & Municipal Employees (MOUs 3, 6, 7, 10, 11, 16, 37)
☐ SEIU - Service Employees International Union (MOUs 4, 8, 14, 15, 17, 18)
☐ EAA - Engineers & Architects Assoc. (MOUs 1, 19, 20, 21, 28)
☐ IBEW Local 18 (All DWP MOUs)
☐ Non-represented (MOU 00)
☐ LA County Building & Construction Trades Council (MOU 2, 13)
☐ Municipal Construction Inspector Assoc. (MOU 5)
☐ IUOE - International Union of Operating Engineers (MOUs 9, 31)
☐ LACSSA/LIUNA - Los Angeles City Supervisors and Superintendents Association/
Laborer’s International Union of North America (MOU 12)
☐ Los Angeles Firefighters Chief Officers Association (MOU 22)
☐ UFLAC - United Firefighters of Los Angeles City (MOU 23)
☐ LAPPL - Los Angeles Police Protective League (MOU 24)
☐ Los Angeles Police Command Officers Association (MOU 25)
☐ ILWU - Port Pilots (MOU 26)
☐ LA Port Police Command Officers Assoc. (MOU 27)
☐ LA City Attorney’s Assoc. (MOU 29)
☐ LAAPOA - LA Airport Peace Officers Assoc. (MOU 30)
☐ Management Attorneys (MOU 32)
☐ California Teamsters - (MOU 34)
☐ LAPMA - LA Professional Managers Assoc. (MOU 36)
☐ LAPP - LA Port Police Assoc. (MOU 38)
☐ LAAPSA - LA Airport Police Supervisors Assoc. (MOU 39)
☐ LAAPCOA - LA Airport Police Command Officers’ Assoc. (MOU 40)
☐ Fiscal & Policy Professionals Assoc. (MOU 61)
9. How do you access the Internet? (Check all that apply)
   - Computer or tablet
   - Mobile phone
   - Wristwatch
   - Other
   - I don’t use the Internet.

10. Which of these statements best describes your health status? (Check one)
    - I am satisfied with my current state of health.
    - I have been thinking about changing some of my health practices.
    - I am in the process of making changes in my health practices.
    - I need help changing some of my health practices.
    - I may have health issues but I am not interested in making changes.

11. Which of these statements describes your interests? (Check all that apply)
    - I would like to reduce my stress.
    - I would like to improve my eating habits.
    - I would like to improve my health.
    - I need to get more sleep.
    - I would like to lose some weight.
    - I would like to get more physical activity.
    - None of the above

12. Do you do any of these activities on a regular basis? (Check all that apply)
    - Stretch
    - Get massage therapy
    - Relax
    - Practice deep breathing
    - Meditate
    - None of the above

13. I usually get: (Check one)
    - More than 8 hours of sleep per night.
    - 6-8 Hours of sleep per night.
    - Less than 6 hours of sleep per night.
14. Which of the following best describes your current stress level? (Check one)
   - Relatively stress-free
   - Some stress but it’s manageable
   - Moderate stress but it’s manageable
   - Moderate stress but at times it’s not manageable
   - A lot of stress but it’s manageable
   - A lot of stress but at times it’s not manageable
   - I’m not sure

15. Your current stress level is: (Check one)
   - Less than it was last year.
   - About the same as it was last year.
   - More than it was last year.
   - I’m not sure.

16. Which of these statements best describes exercise for you? (Check one)
   - I usually get at least 20 minutes of exercise, at least three days per week.
   - I exercise but not regularly.
   - I have physical challenges that keep me from exercising.
   - I don’t have the time to exercise.
   - I don’t have the money to join a gym.
   - I don’t feel supported by my family when it comes to exercise.

17. I usually eat: (Check one)
   - Less than 1 cup of fruits and vegetables per day.
   - 1-2 cups of fruits and vegetables per day.
   - More than 2 cups of fruits and vegetables per day.
   - I don’t eat fruits or vegetables.
   - Other

18. I get a dental exam: (Check one)
   - Twice a year [Please skip to question #20]
   - Once a year
   - Less than once a year
   - Never

19. What is the main reason why you don’t get a dental exam (more often)? (Check one)
   - I don’t have time.
   - I’m afraid.
20. I get a vision exam: (Check one)
- Once a year [Please skip to question #22]
- Less than once a year
- Never

21. What is the main reason why you don’t get a vision exam (at all or more often)? (Check one)
- I don’t wear glasses or contacts.
- There’s nothing wrong.
- My prescription doesn’t change that often.
- I don’t have time.
- I’m afraid.
- It’s too expensive.
- It’s too much of a hassle.
- I forget.
- Other: please specify: __________________________

22. How familiar are you with the City’s wellness program? (Check one)
- I don’t know anything about it.
- I may have heard of the program, but I’m not sure.
- I have heard of it but I can’t remember the name.
- I have heard of the program and I know the name of it.

23. What is the City’s wellness program name? (Check one)
- CityWell
- BeWell
- WellNow
- LiveWell
- Keeping LAWell
- None of the above
- I don’t know.
24. Which of the following wellness program activities have you used? (Check all that apply)
   □ Read a wellness email.
   □ Attended a wellness class.
   □ Attended a cooking demo.
   □ Attended a wellness webinar.
   □ Participated in a wellness online program such as WalkPlus or Feel Like A Million.
   □ Attended the Wellness Festival.
   □ Attended the Rock & Stroll Event at Griffith Park.
   □ Attended a Maternity Wellness Workshop.
   □ Received a stress-busting massage.
   □ Received a health screening.
   □ Received a flu shot.
   □ Received a vision exam or visited the Vision Pop-up Shop.
   □ Visited a wellness table event in a City building.
   □ None [Please skip to question #26]

25. How helpful was the wellness program? (Check one)
   □ Not at all helpful [Please skip to question #27]
   □ Somewhat helpful [Please skip to question #27]
   □ Helpful [Please skip to question #28]
   □ Very helpful [Please skip to question #28]

26. What is the main reason why you didn’t use any wellness program activities? (Check one)
   □ I didn’t know about the program activities. [Please skip to question #36]
   □ I don’t like the types of activities offered. [Please skip to question #36]
   □ The times or locations aren’t convenient. [Please skip to question #36]
   □ The topics didn’t appeal to me. [Please skip to question #36]
   □ I am too busy. [Please skip to question #36]
   □ I’m not interested in wellness. [Please skip to question #36]
   □ Other: please specify: __________________________ [Please skip to question #36]

27. What would make the wellness program more helpful?

____________________________________________________________________________
____________________________________________________________________________

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28. How many wellness emails have you read in the past three months? (Check one)
   □ All of them [Please skip to question #30]
   □ Most of them [Please skip to question #30]
   □ Some of them [Please skip to question #30]
   □ None of them

29. What is the main reason why you didn’t read any wellness emails? (Check one)
   □ I didn’t receive the emails. [Please skip to question #32]
   □ The topics didn’t appeal to me. [Please skip to question #32]
   □ I get too many emails to read them all. [Please skip to question #32]
   □ I am too busy. [Please skip to question #32]
   □ I’m not interested in wellness. [Please skip to question #32]
   □ Other: please specify: __________________________ [Please skip to question #32]

30. Overall, how helpful is the wellness email content? (Check one)
   □ Very helpful [Please skip to question #32]
   □ Helpful [Please skip to question #32]
   □ Somewhat helpful
   □ Not at all helpful

31. What would make the wellness emails more helpful?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

32. Which wellness webinars have you attended in the past three months? They included:
   (Check all that apply)
   □ Resolve to Get & Stay Healthy [Please skip to question #34]
   □ Holistic Health [Please skip to question #34]
   □ Nutrition at Your Fingertips [Please skip to question #34]
   □ None of those three webinars, but I have attended wellness webinars in the past
     [Please skip to question #34]
   □ I have never attended a wellness webinar.

33. What is the main reason why you haven’t attended a wellness webinar? (Check one)
   □ I didn’t know about the webinars.
   □ The webinar topics didn’t appeal to me.
   □ I don’t like webinars.
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☐ I had technical difficulties and couldn’t sign on.
☐ I am not near a computer at the webinar time.
☐ The time wasn’t convenient.
☐ I was too busy with work.
☐ Other: please specify: __________________________

34. Did you participate in the Feel Like A Million Program? (Check one)
   ☐ Yes [Please skip to question #36]
   ☐ No

35. What is the main reason that you didn’t participate in Feel Like A Million? (Check one)
   ☐ I didn’t have a team.
   ☐ I don’t like online challenges.
   ☐ I didn’t know about the program.
   ☐ I prefer a walking or exercise only program.
   ☐ The program didn’t interest me.
   ☐ I was too busy.

36. What program or service would you most like to see added to the City wellness program?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

37. Optional: Would you be willing to help plan and promote wellness activities at your worksite? If you are but haven't signed up before, please provide your information below.
   Name: _________________________
   Email: _________________________
   Phone: _________________________

Thank you for your participation!

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City Hall Room 867

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Employee Benefits Division
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200 N. Spring Street, Room 867
Los Angeles, CA 90012