



**SAN FRANCISCO
HEALTH SERVICE SYSTEM**

May 2022 eNews

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Featured News

Message from the Executive Director

May is [Mental Health Awareness Month](#). You will be receiving weekly emails that explain why good mental health matters.

Caring for your mental health and well-being is of the utmost importance. It can be uncomfortable to experience mental health symptoms and can be a challenge to ask for help. Mental health issues may not resolve themselves or go away on their own.

[Keep reading.](#)



Health Service Board (HSB) Meeting

The May Health Service Board (HSB) **Regular Board Meeting** will be



Get COVID Ready

The City recognizes that COVID-19 will be with us for some time to come and is encouraging everyone to be *COVID Ready* by having the right supplies on hand when you need them.

Start by staying up-to-date on your [COVID-19 vaccinations and boosters](#).

Vaccines are readily available and free from your [health plans, community clinics, pharmacies, and more](#).

Keep [rapid COVID-19 test kits](#) on hand.

[Keep well-fitted masks handy](#). N95s/KN95s, double masks, or a cloth mask over a surgical mask, are strongly recommended.

Stay informed about updates and health guidance on COVID-19 through the [San Francisco Department of Public Health](#) and other government websites including:

- sf.gov/covid
- cdc.gov/coronavirus
- <https://sfdhr.org/covid-19>

on Thursday, May 12, 2022
at 1:00pm.

Better Every Day. SAN FRANCISCO
HEALTH SERVICE SYSTEM

Mental Health Awareness Month



During the month of May, we will be sending weekly emails to all active city employees focusing on supporting and improving your mental health and well-being.

What Should You Do When Your Mental Health Is Impacted?

Retiree Corner



CDC Issues Guidance on COVID-19 Second Booster Dose

The Centers for Disease Control and Prevention announced that the following groups, who received their first booster shot at least 4 months ago, can get a *second booster* shot of the mRNA COVID-19 vaccine:

- People 50 and older.
- People 12 and older who are moderate to severely immunocompromised.
- People 18 to 49 who received the Johnson & Johnson COVID-19 vaccine and the first booster.

Visit our COVID-19 Vaccine and Booster page for more information.

Reach out for help as soon as you feel you might need it. Everyone needs help from time to time.

[SFHSS Employee Assistance Program](#)

EAP counselors are available for individual confidential telephone counseling and consultations.

Call: **(628) 652-4600**.

[Mental Health Benefits through your Health Plan](#)

- **Note:** You may access mental health and substance abuse benefits directly without going through your primary care physician.
- If you experience difficulty accessing care, contact an [SFHSS EAP](#) counselor for help you navigate your mental health benefits.

There are no-cost apps like [Insight Timer](#), [Librate](#), and [Sanvello](#).

[Helpguide.org](#) is an independent nonprofit that provides free mental health education and support.

Engage in a virtual class or seminar. Stay up to date with this [month's free well-being offerings](#).

Benefits Highlight



Hinge Health Available to BSC PPO-Accolade Members for Back and Joint Pain

Blue Shield of California PPO-

Accolade members have access to [Hinge Health](#), a digital exercise therapy benefit that is included with your health plan coverage.

If you are experiencing ongoing pain and discomfort, staying focused and getting the right care is important.

Here's a helpful [flyer](#) on effective strategies to *reframe your thoughts*.

Join more than 300,000 participants who have cut their pain by an average of 68% and decreased symptoms of depression and anxiety by more than half.

If you are a [Blue Shield of CA PPO-Accolade](#) member and would like to sign up for **Hinge Health**, click [here](#).



Questions? email hello@hingehealth.com or call (855) 902-2777.

Show Your Support

SFHSS has created backgrounds to use during virtual meetings to help raise awareness about the importance of mental health.

Click [here](#) to download the backgrounds pictured above.



Stress First Aid: Creating A Culture of Support & Self-Care Workshops:

- [May 17th](#)
- [May 24th](#)

Learn concrete ways to build your resilience and endurance. Register for the [Adjusting to the New Normal: Resilience, Endurance, and Whole Person Self-Care](#) webinar.

Working While Black Healing Circle

[Working While Black Healing Circle](#) is a private and non-judgmental place for employees to share chronic and acute experiences of racial trauma.



CredibleMind: What's Your Mental Health Profile? [Take the assessment to learn more.](#)

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