



Resources Available to County Employees

The County is excited to introduce Your Pathway to Wellness

Your Pathway to Wellness, previously OC Healthy Steps, is the new name for County of Orange's employee wellness program and is designed to support you year-round in all avenues of wellness: emotional, physical, financial and environmental/social.

No matter your inspiration or motivation, Your Pathway to Wellness is here to provide you with tools and resources to support every health goal.



Map your way towards wellness with proven WebMD tools

- **Health Assessment:** Learn exactly where your health stands. Answer this quick questionnaire to receive a personalized health report and a road map to better health.
- **Health Coaching:** Work one-on-one with a trained health professional, for free, to make progress on your personal wellness goals. Your coach can help you find motivation to work out at home, learn to cope with stress, improve your sleep, manage your weight and more. It's free, convenient and confidential.
- **Daily Habits:** Stay motivated and achieve real results in your path to wellness! The Daily Habits tool uses the power of behavioral science to help you achieve your well-being goals.
- **Wellness Videos:** Follow along with guided meditation videos and cooking demonstrations or catch webinar recordings, exercise guides and much more.
- **meQuilibrium:** meQuilibrium shows you how small changes to the way you think can lead to more constructive problem solving and stronger connections to help you feel your best at work and at home.
- **Enrich:** A financial program that will be your one-stop destination for all personal finance questions—from budgeting to banking, investing, debt management and more.

Additional County resources available through Your Pathway to Wellness

- **Wellness Center:** The space is designed to support a variety of wellness goals. If you're not sure where to start, try out the interactive training mirrors that guide you through your workout or relax in the meditation room. Or stop by to check out our monthly schedule of events to find an activity that interests you. Can't make it to the Wellness Center? Check out our **monthly calendar** that has clickable links to wellness activities you can do virtually.
- **Employee Assistance Program (EAP):** You and your eligible dependents have access to an EAP through AETNA Resources for Living. EAP is designed to support your health and wellbeing by helping you and your family manage everyday concerns.
- **Health Plan Resources:** The County of Orange health plans (**Kaiser, Cigna, and Blue Shield/OptumRx**) offer resources for members that include fitness discounts, mobile apps, resiliency tools, mental health support and so much more. Visit Your Pathway to Wellness portal and click the "County of Orange" tab at the top of the home screen to view all the resources available to you.