

Conejo Cares Committee

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Anthem Blue Cross

Maria De Los Santos
Kaiser Permanente

Christiane Rivard
Kaiser Workforce Health



WYDKCHY

Participation in the “What You Don’t Know Can Hurt You (WYDKCHY) Campaign has been fantastic! Sixty five employees submitted their health risk assessment confirmation during December and January and received a \$25.00 Trader Joe’s Gift Card for participation. All participants are entered into monthly drawings for a \$250.00 prize. Four winners will be randomly chosen from January through May 2018.

The January winners are:

- **Brandon Aponte, Technology Services**
- **Joan Hartigan, Weathersfield Elementary**
- **Tisha Hiot, M&O**
- **Kira Krukowski, Westlake Elementary**

CONGRATULATIONS to the January winners! Your check will arrive via US mail at your home address.

Log onto the Passport to Health & Wellness site to earn points toward prizes.

[Passport to Wellness](#)

CVUSD medical providers offer many wellness tools, articles and links to valuable information. Check out the links below:

Anthem Blue Cross-

<http://www.timewellspenthome.com/>

Kaiser Permanente-

[Kaiser Health & Wellness](#)

Poms & Associates-

[To Your Health Newsletter](#)

Check out the 24 Hour Fitness February discount information below for CVUSD employees.

[GET A FRESH START WITH FITNESS.docx](#)

[GET A FRESH START WITH FITNESS.docx](#)

[2018 First Month Free Promo Code Redemption.docx](#)