

Orientation

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Employee Wellness

There are a lot of resources available to help stay healthy. San Mateo County Community College District takes pride in assisting our employees in promoting a well-balanced work ethics and home wellness. Below are resource information that will keep you, as an employee to maintain a healthy lifestyle. These services are provided to you at an affordable expense and some are complimentary. Help with physician searches, medical support groups, fitness centers, diet & nutrition resources, alternative medicine and other resources.

Resources

- > Community Education
- > Employee Assistance Program [EAP](#)

Information Sheets

- > Office Ergonomics Guidelines [OEG](#)
- > Back Injury Prevention [BIP](#)
- > Newsletters

Medical Provider Wellness Programs

	Anthem Blue Cross
	Blue Shield NetValue & Access+
	Kaiser Permanente
	HealthNet
	United Healthcare

Dental and Vision Provider Wellness Programs

	Delta Dental (HMO and PPO)
	VSP

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<https://www.smccd.edu/orientation/employee-wellness.php>