



"The biggest benefit of taking care of myself is being able to do what I want in life."

Retiree Check-In 2018 WELL-BEING SURVEY RESULTS

2757
PARTICIPATED IN SURVEY

In spring 2018, 10% of you completed the Retiree Check-In survey* on well-being. These results are one way the San Francisco Health

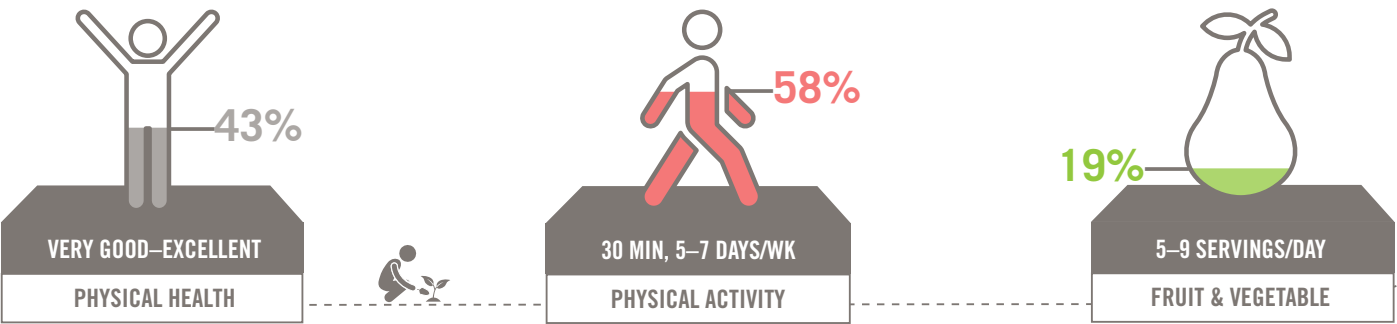
Service System (SFHSS) learns to better support your health and well-being. Visit sfhss.org



Physical Health / Physical Activity / Healthy Eating

The ideal amount of physical activity is at least 30 minutes, 5 or more days a week. This can be split into increments that are 10-minutes or longer.

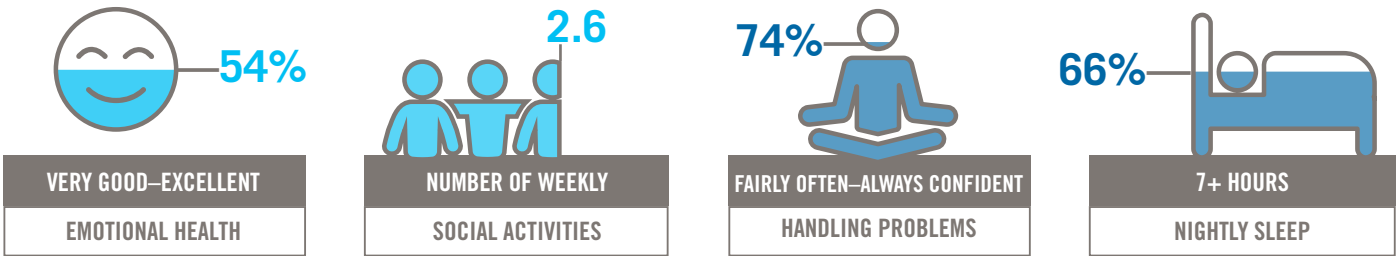
Fruits and vegetables should be the foundation of each meal. Strive to fill half your plate with these to help you eat at least 5 baseball-sized servings daily.



Emotional Health / Stress & Sleep Management

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression. Social activities, stress management techniques,

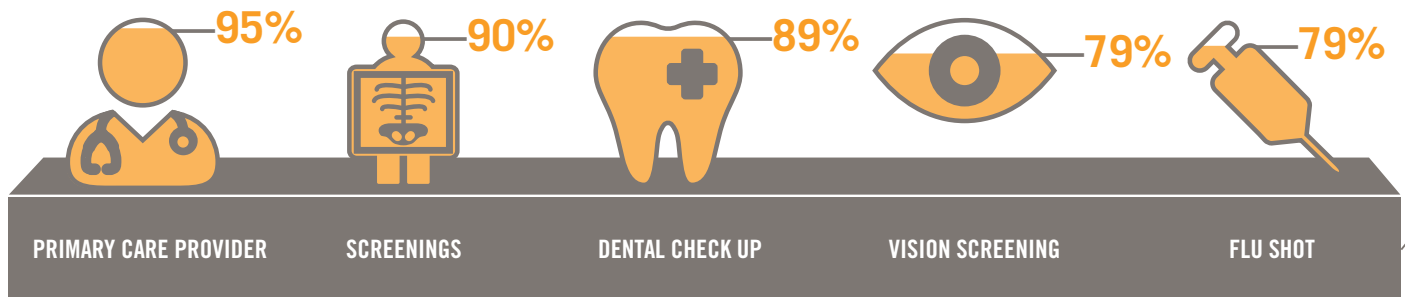
like breathing and stretching, and at least 7 hours of sleep each night can help.



Routine & Preventive Care

Per the CDC, if everyone in the US received recommended clinical preventative care, we can save over 100,000 lives/year.**

Make sure you are up-to-date on all your preventive care. To schedule future appointments, contact your health provider.

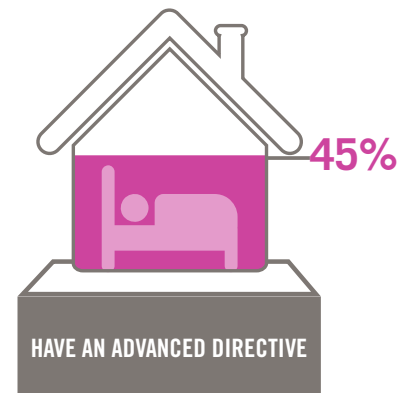


These self-reported results are higher than utilization reports demonstrate.

Advanced Care Planning

No one wants to think about being involved in a serious accident, having a debilitating illness or ultimately, dying. But these things can happen—at any age. While about 70% of Americans say they would prefer

to pass away at home, most people die in a hospital or other healthcare facility. Document your wishes. Each health plan has resources to help. SFHSS has an online guide to walk you through the process.



Top 5 Retiree Well-Being Interests



Better Every Day. **SAN FRANCISCO HEALTH SERVICE SYSTEM**

*Results based on self-reported responses from 2,757 retired members (10% of retirees), who are similar in age & gender to entire population; & similar in breakdown by Medicare status & health plan. Survey was available online & in print. Participation was anonymous. Retirees were notified of survey by home mailing. Those

with email addresses on file or who subscribe to eNews received additional email reminders. 100 participants were randomly chosen to receive a small gift. Detailed report: sfhss.org.

**cdc.gov/prevention/index.html



“The biggest benefit of taking care of myself is being able to do what I want in life.”

Retiree Check-In 2018 WELL-BEING SURVEY RESULTS

2757
PARTICIPATED IN SURVEY

In spring 2018, 10% of you completed the Retiree Check-In survey* on well-being. These results are one way the San Francisco Health

Service System (SFHSS) learns to better support your health and well-being. Visit sfhss.org



Physical Health / Physical Activity / Healthy Eating

The ideal amount of physical activity is at least 30 minutes, 5 or more days a week. This can be split into increments that are 10-minutes or longer.

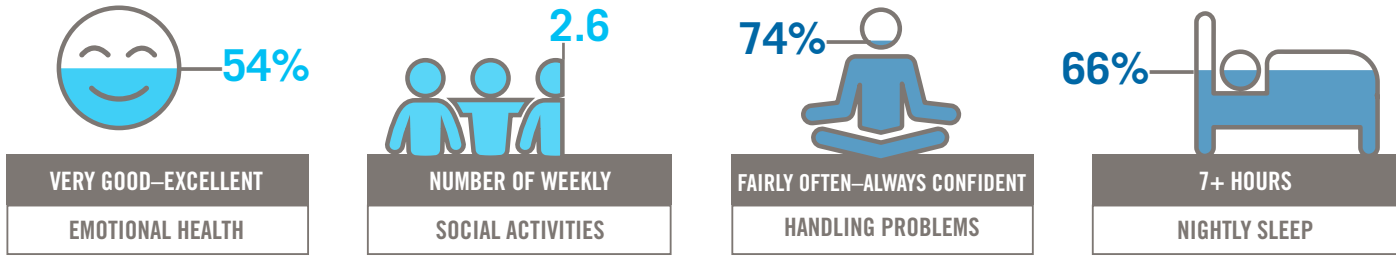
Fruits and vegetables should be the foundation of each meal. Strive to fill half your plate with these to help you eat at least 5 baseball-sized servings daily.



Emotional Health / Stress & Sleep Management

As people get older, they often find themselves spending more and more time at home alone. The isolation can lead to depression. Social activities, stress management techniques,

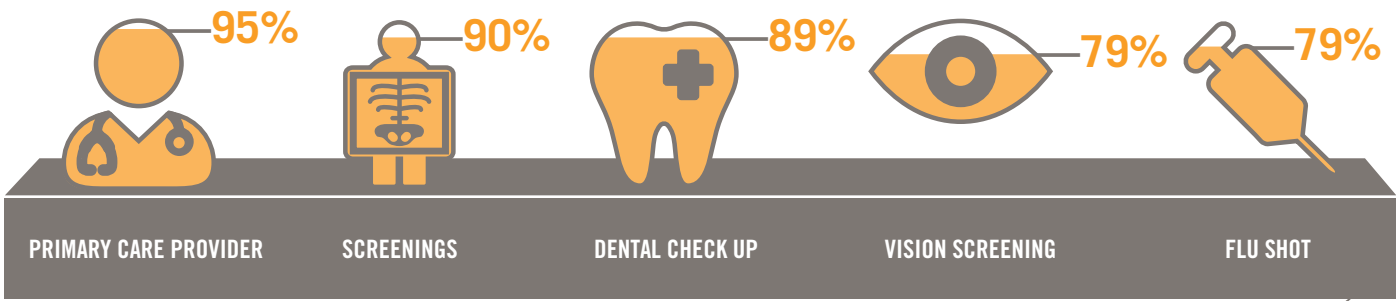
like breathing and stretching, and at least 7 hours of sleep each night can help.



Routine & Preventive Care

Per the CDC, if everyone in the US received recommended clinical preventative care, we can save over 100,000 lives/year.**

Make sure you are up-to-date on all your preventive care. To schedule future appointments, contact your health provider.

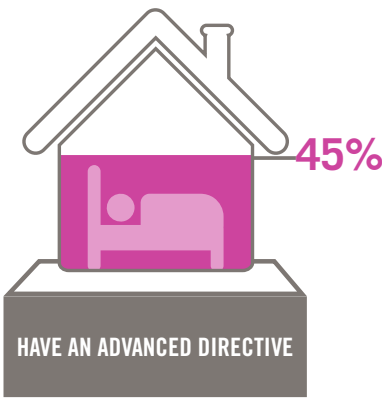


These self-reported results are higher than utilization reports demonstrate.

Advanced Care Planning

No one wants to think about being involved in a serious accident, having a debilitating illness or ultimately, dying. But these things can happen—at any age. While about 70% of Americans say they would prefer

to pass away at home, most people die in a hospital or other healthcare facility. Document your wishes. Each health plan has resources to help. SFHSS has an online guide to walk you through the process.



Top 5 Retiree Well-Being Interests



Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM

*Results based on self-reported responses from 2,757 retired members (10% of retirees), who are similar in age & gender to entire population; & similar in breakdown by Medicare status & health plan. Survey was available online & in print. Participation was anonymous. Retirees were notified of survey by home mailing. Those

with email addresses on file or who subscribe to eNews received additional email reminders. 100 participants were randomly chosen to receive a small gift. Detailed report: sfhss.org
**cdc.gov/prevention/index.html