



Flu

Flu season is coming! The flu shot is your best defense against this contagious virus. WorkWell NYC is hosting its 3rd flu vaccination campaign September 12th - November 23rd. **Free** flu shots are available to all municipal employees, retirees, and their dependents:

- **At participating worksites**
- **At participating pharmacies**
- **At an in-network doctor's office**
- **At an AdvantageCare Physicians (ACPNY) medical office**

By getting your vaccine, you are one step closer to guarding yourself and your family against the flu this season! Visit nyc.gov/workwellnyc to learn more.

Weight Watchers

The New York City Employee Benefits Program and your Union are committed to helping you reach your weight loss goals and improve your overall health by **paying 50% of the cost** for Weight Watchers® offerings for all employees eligible for health benefits. (The dollar value of this contribution/benefit will be included as taxable income to the employee.) With Weight Watchers' proven, personalized approach to weight loss through food and fitness, you can achieve a healthier, more fulfilling lifestyle.

Weight Watchers Offering	NYC Employee Special Pricing
Meetings (Includes OnlinePlus)	\$15.00 per month
OnlinePlus	\$7.00 per month

To learn more visit nyc.join.weightwatchers.com or find an at-work meeting at a participating [worksite](#).

WorkWell NYC

WorkWell NYC is an exciting new initiative designed to deliver innovative wellness workplace programs that support NYC employees in getting healthy and staying healthy. WorkWell NYC is committed to providing employees with the tools and resources to feel good and take care of their health.

Visit nyc.gov/workwellnyc to learn more about WorkWell NYC programming, such diabetes prevention, stress management, smoking cessation, and more!