

2025 Wellness fair resources



Here's a glimpse of some of the resources that were provided at the wellness fair. From healthcare benefits and wellness programs to various supportive resources, you'll find some valuable information to help you make the most of what Metro offers.

Contents

Health Resources.....2

Health Resources (must be currently enrolled)

- Unum Be Well Benefit: Learn how to receive a \$50 benefit for health screenings and preventive care.
- Regence Empower: Earn up to \$100 in gift cards through healthy activities and preventive care.
- VSP Vision Benefits: Save on eye exams and eyewear through your Metro VSP plan.

Legal.....7

Legal Resources (must be currently enrolled)

- MetLife Legal Plans: Access to a network of attorneys for legal matters.

Metro resources8

Metro Resources

- Mental Health Support: Confidential counseling and resources via Canopy EAP.
- Employee Perks: Free admission to the Zoo, golf at Glendoveer, and parking at select parks.
- Financial Planning Tools: Access resources from Advantis, OnPoint, and HomeStreet Bank.

Regional center 11

Regional Center Resources

- Fitness Room: Cardio and weight equipment available on Floor 1.
- Wellness Rooms: Private spaces for relaxation and mental well-being.

Ergonomics 13

Ergonomics and Workstation Setup

- Tips for maintaining comfort and reducing strain at your workstation.

Retail 15

Retail and Discount Programs

- Discounts on wellness-related services through TicketsatWork and other partnerships.

Transportation..... 16

Transportation Options

- E-bike Reservations: Convenient and eco-friendly transportation options.

Webinars 17

Webinars and Educational Events

- Access to a series of no-cost wellness webinars



Oregon Metro

Accident Insurance: Policy number 945906

Critical Illness Insurance: Policy number 945907

Hospital Insurance: Policy number 945908

Learn more about your annual Be Well Benefit

Your Unum plan pays a Be Well Benefit for one Be Well screening each year.

With the Unum Be Well Benefit, you and other covered family members can receive a valuable incentive for important tests and screenings. Many of these tests are routinely performed, so it's easy to take advantage of this benefit.

Your Critical Illness Insurance Be Well benefit is \$50.

Your Accident Insurance Be Well benefit is \$50.

Your Hospital Insurance Be Well benefit is \$50.

BE WELL SCREENINGS

- Annual exams by a physician including sports physicals and well-child visits, dental and vision exams
- Cancer screenings including pap smear, colonoscopy
- Cardiovascular function screenings
- Cholesterol and diabetes screenings
- Imaging studies, including chest X-ray, mammography
- Immunizations including HPV, MMR, tetanus, influenza



HOW TO FILE A CLAIM

You can receive a benefit for tests that are performed after your initial coverage date.

Follow these steps:

Online: www.unum.com

App: MyUnum for Members

Phone: 1-800-635-5597

You will need to provide the following:

- First and last names of the employee and claimant (the employee might not be the claimant)
- Employee's Social Security number or policy number
- Name and date of the test
- Name of physician and the facility where the test was performed.



Each year, you can earn a valuable incentive just for taking care of your health. And so can each of your covered family members.

For more information, please contact your HR representative.

**Better
benefits
at work.™**

unum.com

Unum will pay Be Well benefits for all eligible policies according to policy terms.

THESE POLICIES PROVIDE LIMITED BENEFITS

The policies or their provisions may vary or be unavailable in some states. The policies have exclusions and limitations which may affect any benefits payable. See the actual policy or your Unum representative for specific provisions and details of availability.

In New Hampshire, Be Well is referred to as Health Screening. In Washington, Be Well on the Accident product is referred to as Health Screening Benefit rider. In Kansas, Be Well is not available on the Hospital product and immunizations are not covered on the Accident or Critical Illness products.

Underwritten by: Unum Insurance Company, Portland, Maine; In New Jersey and New York, underwritten by: Provident Life and Casualty Insurance Company, Chattanooga, Tennessee

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EN-1911-Be Well

FOR EMPLOYEES

(2-24)

Regence



OREGON

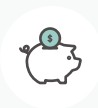
Regence
Empower™



REGENCE EMPOWER CORE ROADMAP—GROUPS 51+

Your well-being journey starts here

Meet Regence Empower™, your personalized well-being experience. Guided step by step, you'll always know what to do next to reach your goals. Complete activities that help you feel your best and earn rewards along the way. To start your well-being journey, sign in at [regence.com](https://www.regence.com) and select **Regence Empower**.



Earn rewards for healthy activities

Get started by completing your Health Assessment. You'll earn \$15 and receive a personalized report with recommendations just for you. Throughout the year, you'll have more opportunities to earn rewards while building positive habits for your health. Stay active, keep up with your preventive care and learn about things like stress, mindfulness and nutrition. **You can earn up to \$100 per year in gift cards.**

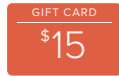
EARN UP TO

\$100

IN GIFT CARDS

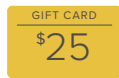
Get rewards for being proactive

You can earn up to \$100 per year in gift cards for engaging in healthy activities that support your long-term health, like getting preventive exams and screenings. Your Regence health plan covers preventive care at no cost to you when you see an in-network provider.



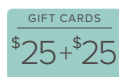
Health Assessment

Receive a personalized report with recommendations. Earn \$15.



Preventive wellness exam*

Visit your doctor for your yearly preventive care checkup. Earn \$25.



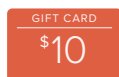
Breast cancer & cervical cancer screenings*

These screenings can help catch cancer sooner. Get a mammogram (ages 40+ or high risk) or a cervical cancer screening (ages 21+). Earn \$25 each or \$50 total.



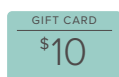
Colorectal cancer screening*

If you're over the age of 45, talk to your provider about this screening. Sign in to Regence Empower to learn more.



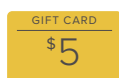
Vision exam

Vision exams can correct vision issues and identify potential problems. When you complete your exam, sign in to Regence Empower to self-attest. Earn \$10.



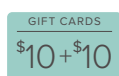
Dental visit

Caring for your teeth is good for your whole body. When you complete a dental visit, sign in to Regence Empower to self-attest and earn \$10.



Fitness device or app sync

Make every step count. Sync your fitness device or app to track your physical activity. Earn \$5.



Health learning activities

Explore your behavioral health resources or complete Health Care 101. Sign in to Regence Empower to get started. Earn \$10 each or \$20 total.

Ready to get started?



Step 1: Check it out

Sign in at regence.com and select **Regence Empower** to start your well-being journey today.



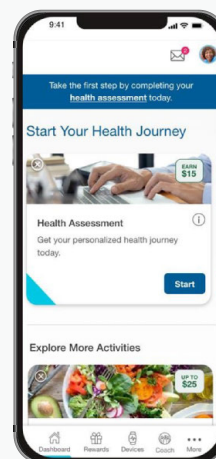
Step 2: Download the app

You live life on the go. Keep your well-being journey at your fingertips by downloading the Regence Empower app.



Step 3: Engage today!

Complete your Health Assessment, schedule your wellness exam and any necessary screenings, participate in challenges, track healthy activities and more.



* Activity is tracked through claims and is subject to network availability, and eligibility by age and medical risk. Please allow up to 12 weeks for claims processing.



Regence BlueCross BlueShield of Oregon
is an Independent Licensee of the Blue Cross and Blue Shield Association

Regence BlueCross BlueShield of Oregon
100 SW Market Street | Portland, OR 97201

REG-OR-1091576-23/07-LG FI Empower Core Roadmap
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Make Eye Health a Priority with VSP!

Your health comes first with VSP and METRO. Take a look at your VSP vision care coverage.



VSP members save an annual average of

\$471*

More Ways to Save

Extra **\$20** to spend on
Featured Frame Brands†

bebe Calvin Klein COLE HAAN
©DRAGON. FLEXON LONGCHAMP
and more

Up to **40%** Savings on
lens enhancements‡

See all brands and offers
at vsp.com/offers.

Routine eye exams have saved lives.

Did you know an eye exam is the only non-invasive way to view blood vessels in your body? Your VSP® network eye doctor can detect signs of over 270 health conditions during an eye exam.**

Savings you'll love.

See and look your best without breaking the bank. VSP members get exclusive savings on popular frame brands and contact lenses, and they get additional discounts on things like LASIK, and more.

The choice is yours!



With thousands of choices, getting the most out of your benefits is easy at a VSP Premier Edge™ location.

Shop online and connect your benefits.



Save up to \$250 on Featured Frame Brands when you shop on Eyeconic®, the VSP online eyewear store.

Getting started is easy!

Let your plan do the most it can. When you create an account on vsp.com, you can view your in-network coverage details, find a VSP network doctor that is right for you, and discover extra savings to maximize your benefits.

Create an account today.
Questions?

vsp.com or **800.877.7195**



Scan QR code or visit vsp.com to learn more.

*Only available to VSP members with applicable plan benefits. Frame brands and promotions are subject to change. †Savings based on doctor's retail price and vary by plan and purchase selection; average savings determined after benefits are applied. Ask your VSP network doctor for more details.

**Based on state and national averages for eye exams and most commonly purchased brands. This represents the average savings for a VSP member with a full-service plan at an in-network provider. Your actual savings will depend on the eyewear you choose, the plan available to you, the eye doctor you visit, your copays, your premium, and whether it is deducted from your paycheck pre-tax. Source: VSP book-of-business paid claims data for Aug-Jan of each prior year. **Full Picture of Eye Health, American Optometric Association, 2020. +Coverage with a retail chain may be different or not apply.

VSP guarantees member satisfaction from VSP providers only. Coverage information is subject to change. In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail. Based on applicable laws, benefits may vary by location. In the state of Washington, VSP Vision Care, Inc., is the legal name of the corporation through which VSP does business. TruHearing is not available directly from VSP in the states of California and Washington. Premier Edge™ is not available for some members in the state of Texas.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on vsp.com. Visionworks and Eyeconic are VSP-affiliated companies.

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Classification: Restricted

Your VSP Vision Benefits Summary

Prioritize your health and your budget with a VSP plan through METRO.

Provider Network:

VSP Signature

Effective Date:

01/01/2025



BENEFIT	DESCRIPTION	COPAY	FREQUENCY
YOUR COVERAGE WITH A VSP DOCTOR			
WELLVISION EXAM	<ul style="list-style-type: none">Focuses on your eyes and overall wellnessRoutine retinal screening	\$15 for exam and glasses Up to \$39	Every calendar year
ESSENTIAL MEDICAL EYE CARE	<ul style="list-style-type: none">Retinal imaging for members with diabetes covered-in-fullAdditional exams and services beyond routine care to treat immediate issues from pink eye to sudden changes in vision or to monitor ongoing conditions such as dry eye, diabetic eye disease, glaucoma, and more.Coordination with your medical coverage may apply. Ask your VSP network doctor for details.	\$20 per exam	Available as needed
PRESCRIPTION GLASSES			
FRAME*	<ul style="list-style-type: none">\$190 Featured Frame Brands allowance\$170 frame allowance20% savings on the amount over your allowance\$170 Walmart/Sam's Club frame allowance\$95 Costco frame allowance	Combined with exam	Every other calendar year
LENSES	<ul style="list-style-type: none">Single vision, lined bifocal, and lined trifocal lensesImpact-resistant lenses for dependent children	Combined with exam	Every calendar year
LENS ENHANCEMENTS	<ul style="list-style-type: none">Standard progressive lensesPremium progressive lensesCustom progressive lensesAverage savings of 40% on other lens enhancements	\$0 \$80 - \$90 \$120 - \$160	Every calendar year
CONTACTS (INSTEAD OF GLASSES)	<ul style="list-style-type: none">\$170 allowance for contacts; copay does not applyContact lens exam (fitting and evaluation)	Up to \$60	Every calendar year
COMPUTER VISIONCARE (EMPLOYEE-ONLY COVERAGE)			
COMPUTER VISION EXAM	<ul style="list-style-type: none">Evaluates your needs related to computer use	\$10 for exam and glasses	Every calendar year
FRAME*	<ul style="list-style-type: none">\$110 Featured Frame Brands allowance\$90 frame allowance20% savings on the amount over your allowance	Combined with exam	Every other calendar year
LENSES	<ul style="list-style-type: none">Single vision, lined bifocal, lined trifocal, and occupational lenses	Combined with exam	Every calendar year
ADDITIONAL SAVINGS	Glasses and Sunglasses <ul style="list-style-type: none">Discover all current eyewear offers and savings at vsp.com/offers.30% savings on unlimited additional pairs of prescription or non-prescription glasses/sunglasses, including lens enhancements, from the same VSP provider on the same day as your WellVision Exam. Or get 20% savings from a VSP provider within 12 months of your last WellVision Exam.		
	Laser Vision Correction <ul style="list-style-type: none">Average of 15% off the regular price; discounts available at contracted facilities.After surgery, use your frame allowance (if eligible) for sunglasses from any VSP doctor		
	Exclusive Member Extras for VSP Members <ul style="list-style-type: none">Contact lens rebates, lens satisfaction guarantees, and more offers at vsp.com/offers.Save up to 60% on digital hearing aids with TruHearing®. Visit vsp.com/offers/special-offers/hearing-aids for details.Enjoy everyday savings on health, wellness, and more with VSP Simple Values.		

GET MORE AT PREFERRED IN-NETWORK LOCATIONS

With so many in-network choices, VSP makes it easy to maximize your benefits. Choose from our large doctor network including private practice and retail locations. Plus, you can shop eyewear online at Eyeconic®. Log in to [vsp.com](https://www.vsp.com) to find an in-network doctor.



Legal help made easy

MetLife Legal Plans provides you, your spouse/domestic partner and dependents with access to a network of experienced attorneys. Having an attorney on your side can help reduce worry, stress, and financial burden when legal matters arise.

1 Easy to find an attorney

Visit **members.legalplans.com** to learn more about your plan. Search for an attorney based on your ZIP code and filters such as attorney experience, specialty, or minority, veteran, or LGBTQ-owned. Or call the Client Service Center to speak with an experienced representative that can match you with the right attorney.

2 Easy to make an appointment

Call the attorney directly after searching on our website. Meet with an attorney in person or over the phone. Or call the Client Service Center at **800-821-6400** and we will schedule your appointment directly with the attorney.

3 Easy from start to finish

That's it! There are no limits on the number of times you can use the benefit. And no copays, deductibles or claim forms when you use a network attorney for a covered matter.

Experience and convenience you can count on.

You'll have all the help you're looking for from our dedicated service team, network of attorneys and variety of online resources.



Award-winning service

- Regularly recognized for excellence in customer service¹
- Experienced, Ohio-based service team available from 8:00 a.m. to 8:00 p.m., ET



Top-quality attorney network

- Nationwide network of attorneys with a range of specialties
- Average of 25 years of experience and vetted regularly



24/7 access at your fingertips

- Create an account on our website to access coverage information and our attorney locator
- Access to over 1,700 self-help documents and resources online
- Access to digital estate planning to create wills, living wills, and powers of attorney all online



Ease of use²

- All billing is handled between MetLife and the attorney
- No claim forms, hidden fees or deductibles

1. Two-time winner of the Silver Stevie in the American Business Awards, 2016 and 2017; Bronze winner in 2018, 2019 and 2020.

2. When using a network attorney for a covered legal matter.

Group legal plans are administered by MetLife Legal Plans, Inc., Cleveland, Ohio. In California, this entity operates under the name MetLife Legal Insurance Services. In certain states, group legal plans are provided through insurance coverage underwritten by Metropolitan General Insurance Company, Warwick, RI. For costs and complete details of the coverage, call or write the company. Some services not available in all states.

💙 You're Not Alone—Support is Here for You 💙

If you or someone you know is struggling, help is available—you don't have to go through it alone.

Resources for ALL Metro Employees

Metro employees and their household members have access to free, confidential support through our **Canopy Employee Assistance Program (EAP)**, including:

- ✅ Five free counseling sessions per unrelated incident for each employee/family unit per year with a licensed mental health professional
- ✅ On-demand webinars & audio learnings covering emotional, professional, and financial well-being

📞 Canopy EAP: Call 800-433-2320 or text 503-850-7721

💻 Visit canopywell.com, click "Member Log-In," and register using Metro as the company name

Other options

◆ **24/7 Mental Health Support:** Call the Mental Health Call Center at 503-988-4888

◆ **In Crisis?** Dial 988 for the Suicide & Crisis Lifeline—help is just a call away

🚨 Need Immediate Help?

If you or someone else is experiencing a psychiatric emergency, please call 911 or go to the nearest emergency room.

For Benefit-Eligible Employees

Taking care of yourself matters! If you need a break, use your sick and vacation time as needed.

🏥 Kaiser Members:

📞 24/7 Mental Health Consultation through your primary care provider: 800-813-2000

📞 Schedule a Mental Health Evaluation: 503-249-3434 or 855-632-8280

📞 Emergency Psychiatric Services (including suicidal thoughts): 866-453-3932

📱 Wellness Apps: Download Calm and Headspace

🔗 Explore more at kp.org or call 800-813-2000

🏥 Regence Members:

💻 Doctor on Demand – Virtual behavioral health support

💻 Regence Empower – Mental and physical well-being resources

🔗 Learn more at regence.com or call 888-675-6570

Additional Mental Health Resources (for those not on Metro benefits)

🏥 Oregon Health Plan (OHP):

◆ If you're enrolled in a Coordinated Care Organization (CCO), check their provider directory for behavioral health specialists.

◆ Not sure where to start? Call OHP Care Coordination at 800-562-4620 for guidance.

💙 Need Help Navigating?

If you're unsure how to access the right support, we're here for you! Email benefits.help@oregonmetro.gov and we'll help you find the resources you need.

Metro Employee Perks

These perks are available to all active, paid Metro employees unless otherwise noted



Free Admission

- Metro employees and their eligible family members can receive up to 6 tickets for free admission to the **Oregon Zoo** including discounts 25% off food and beverages at all Zoo operated food concessions, 35% off in the gift shop and 10% on train and carousel
- Metro employees and one guest are eligible for up to two free rounds of golf per day (either 9 or 18 holes). In addition, Metro employees are eligible for one complimentary bucket of balls per day for the driving range at **Glendoveer Golf Course** (this benefit is for employees only)
- **Free parking** at Oxbow and Blue Lake regional parks, Broughton Beach, Chinook Landing Marine Park and M. James Gleason Memorial Boat Ramp – Metro employees have those fees waived. Just show your Metro employee ID at an entrance booth or display it on your dashboard



Financial Planning Tools

- Employment at Metro qualifies you as an eligible member of **Advantis** and **OnPoint** Credit Unions with different offerings
- Metro, in partnership with **HomeStreet Bank** Program benefits include free home buying seminars, budget and credit resources, special loan programs, access to down payment assistance and significant savings on closing costs



Employee Assistance Program

- The employee assistance program, through **Canopy**, offers support, guidance and resources that can help you resolve personal issues and meet life's challenges. It's a FREE and Confidential resource
- Canopy can help you and household members with a number of issues such as 5 counseling sessions per incident, per year for stress, anxiety, depression, grief and loss, issues at work and or home, alcohol & drug abuse, life and career coaching, Identity theft & fraud resolution and much more...



Provided Discounts & Perks

- **Virtual stretching sessions** with Physical Therapist Maria Beatty every Tuesday at 10am and Thursday at 2pm
- **Tickets at Work** provides 20-60% off on a variety of services, events and products



Alternate Commute Options

- A **TriMet HOP Pass** is provided to all employees who work 10+ hours per week. The Universal pass provides public transportation services on:
 - All TriMet buses, MAX Light Rail, WES Commuter Rail, Portland Streetcar, Portland Aerial Tram, LIFT paratransit vehicles, and some C-TRAN buses



Insurance Wellness Benefits

- Kaiser- kp.org
Kaiser members have access to resources including alternative care, discounts on gym memberships, self-use tools and much more
- Regence Advantages-regence.com/advantages
Regence members can enjoy savings on a variety of health- related products discounts at fitness centers and more



Questions? Contact benefits.help@oregonmetro.gov

Full details about perks can be found at:
<https://metronet.oregonmetro.gov/my-employment/Pages/perks.aspx>

Spring into wellness

Fitness room

A fitness room is located on Floor 1 and includes cardio equipment and weights.

- Please limit use of equipment to 20 minutes so all can use.
- Headphones must be worn to listen to music or devices.
- Equipment must be cleaned and put away after each use.



All employees must sign and upload to ShareFile a waiver before using the fitness room.

Information can be found
MetroNet > Workplaces > Regional Center.



Wellness Rooms at the MRC!

Rooms 252, 253, 334 and 340

Take a moment for yourself!

Supporting mental health and personal needs in the workplace isn't just a nice to have - it's a necessity. Campus Operations is supporting that priority by providing wellness rooms to use as needed.

- These are private spaces that employees can use to relax and refresh. They are peaceful retreats for a quick mental and physical break from the office or life in general.
- The MRC's wellness rooms can be used for a variety of things like rest, quiet, meditation, prayer, personal phone calls, or attending to other personal needs.
- Wellness rooms are drop in spaces with no real rules around their use. We just ask that you indicate they are in use with the signage provided and be considerate of how much time you spend in them so others have access too.

The **RELAX rooms are rooms 253 and 334**. These rooms have calming and comfy décor. A little darker and soft, the RELAX rooms are great when feeling stressed or overwhelmed.

The **RECHARGE rooms are rooms 252 and 340**. The rooms have décor that is a little brighter and vibrant. They are great to use when needing a place to mentally rejuvenate or get centered for that next big thing.



Any questions, ideas or concerns about the spaces? Contact Campus Operations at MRC.Help@oregonmetro.gov or come visit us in suite 290.

Keyboard tips

While typing, keep your wrists straight (flat) and your hand, wrists, and forearm parallel to the floor.

If your keyboard tray slopes down (negative tilt), your arms also should slope down to keep your hands and wrists straight.

Hold your elbows close to your sides. This will minimize the outward or inward bend of the hand at the wrists.

Avoid creating pressure points. Never rest your wrists on the keyboard or against the hard edge of your desk.

When you stop typing, rest your hands on your lap.

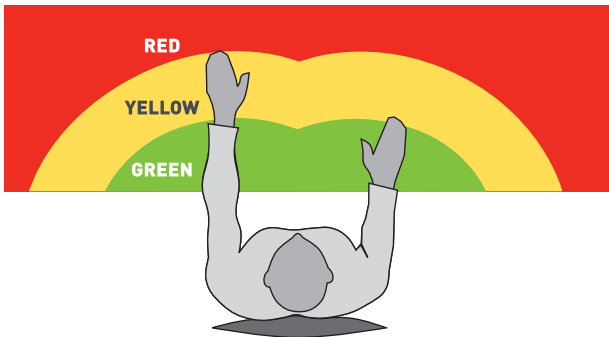
Center your body over the keys used most often, not necessarily the center of the keyboard.

Other helpful hints

- Place frequently used items where you can reach them without over-extending your arms or leaning forward.
- Divide large, heavy binders into smaller binders.
- Periodically focus on an object at least 20 feet away for 20 seconds.
- Blink often to keep your eyes moist and clean.
- Change tasks and posture to reduce fatigue and monotony and use different muscles.

Workstation arrangement

Place frequently used objects in the green zone to minimize reaching. Place objects that are used less frequently in the yellow zone. Avoid working in the red zone.



saif
Work. Life. Oregon.

saif.com

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Adapted with permission from the Oregon Department of Human Services

WORKSTATION COMFORT:

HELP TO HELP YOURSELF

Learn how to set up your workstation to maximize comfort and reduce physical stressors. We'll show you how to adjust your chair, keyboard tray, monitor, and work surface height. It's easy. Ready to start?



WORKSTATION SET-UP CHECKLIST

Chair adjustments

- Feet should be flat on the floor or on a footrest.
- Adjust the chair height so that elbows are at your side and forearms are parallel with the floor. Keep your wrists flat while typing or using a mouse.
- Upper legs should rest comfortably in a position horizontal to or slanting slightly toward the floor.
- Adjust the back rest so the curve of the chair supports the curve of the lower back.
- When seated against the back rest, maintain two to three fingers width of clearance from the back of the knee to the edge of the seat.

Monitor position

- Position the monitor directly in front of you at a distance of 16 to 29 inches (or arm's length) from your eyes.
- Adjust your terminal so the top line on the screen is at your eye level. Bifocal or trifocal users may need to lower the monitor to maintain the head in a neutral position.
- Position documents between the monitor and the keyboard on a slant board or document holder.
- If you re-adjust your chair, you may need to re-adjust your monitor.

Keyboard position

- Place the keyboard directly in front of the monitor.
- Keep the keyboard flat; do not raise the keyboard legs.
- Adjust keyboard tray height so your wrists are in a straight line with your arm, not bent up or down.
- The keyboard tray should be level or sloped downward away from the user.
- If your keyboard tray slopes down (negative tilt), your arms also should slope down to keep your hands and wrists straight.
- Wrist rests or palm rests should be used for "micro breaks" for palms only and not as a wrist support.

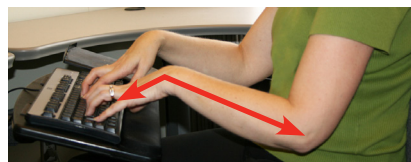
Mouse tips

- Use a mouse that fits your hand comfortably.
- Do not rest your forearm or wrist on the edge of the desk.
- Keep your fingers relaxed and slightly curved. Drape your hand over your mouse and hold it lightly with all of your fingers. Click as gently as possible.
- Avoid bending your wrist upward when using your mouse. A padded wrist rest the same height as the front of the mouse or trackball will help keep your wrists straight. Don't rest your wrist heavily on the rest. This can cause pressure points.
- Take your hand off your mouse or trackball when you are not using it.
- Your upper arms should be resting at your sides, elbows bent, with your forearms, wrists, and hands approximately parallel to the floor.
- Place the mouse/trackball/pointing device level with and close to the keyboard. Avoid reaching and extending when using your mouse.

Posture, posture, posture



Correct
Hand, wrist, and forearm are in a straight line



Incorrect



Incorrect

Save on Wellness

ticketsatwork



Featured Savings on Mental & Physical Wellness

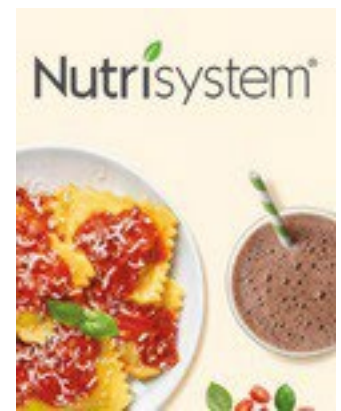
Maintain a healthy body and mind with a focus on mental, physical, financial, and social well-being offerings on your perks program.



Get 30% off three months of premier studio classes



Get 20% off 3 months of professional online therapy



Save 50% on any plan + Get an extra \$50 off

START SAVING ON MORE WITH THE EMPLOYEE DISCOUNT PROGRAM

Electronics ♦ Appliances ♦ Apparel ♦ Cars ♦ Flowers ♦ Fitness Memberships Gift Cards ♦ Groceries ♦ Hotels ♦ Movie Tickets ♦ Rental Cars ♦ Special Events Theme Parks ♦ And More!

New to TicketsatWork? Getting Started is Easy.

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Enter your company code or work email to create an account

COMPANY CODE

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NEED HELP? EMAIL US: CUSTOMERSERVICE@TICKETSATWORK.COM

*Prices and Offers are subject to availability and subject to change without notice. Please review the terms and conditions for offers.

Spring into wellness

Reserve an E-bike!

Four E-bikes are available for reservation. The e-bike fleet features two step through bikes and two foldable bikes. Each has a combination bike lock attached and a helmet is available for check out.

Indoor, secure bike parking is available on the first floor garage of the Regional Center.

Bike Fix-it station is also available with common repair tools and pneumatic air pump.

Email MRC.Help@oregonmetro.gov to reserve a vehicle or bike.

Information to include in the email to reserve a vehicle:

- Pick up date and time
- Drop off date and time
- Who is renting the bike
- Cell phone number
- Where the bike is going





Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering no-cost webinars for employers and their employees throughout 2025.

Join us for an exciting and informative journey towards better health and well-being with our no-cost webinar series. Each session is designed to provide you with valuable insights, practical tips, and actionable steps on a variety of health topics. Whether you're looking to manage your weight, improve your heart health, or find calm in the chaos, we've got you covered!

All webinars will be held from Noon to 1 PM Pacific Time.

Body Harmony: Embrace and Thrive

Monday, January, 27 2025 - Available On-Demand

Keeping Your Heart Strong

Monday, February 24, 2025

The Power of Food

Monday, March 24, 2025

Staying Healthy as a Family

Monday, April 21, 2025

Finding Calm in the Chaos: Skills for Everyday Life

Monday, May 19, 2025

The Men's Health Playbook: Tips for a Healthier Life

Monday, June 23, 2025

Mini Moves

Monday, July 7, 2025

Activate Series Cardio Boost

Monday, July 28, 2025

Grocery Savvy: Mastering Smart Shopping & Label Reading

Monday, August 25, 2025

Renew & Recharge: Navigating Burnout

Monday, September 29, 2025

Empowered Health: A Focus on Women's Wellbeing

Monday, October 27, 2025

Eat with Intention: Discovering Mindful Eating Practices

Monday, November 17, 2025

Goodnight, You!

Monday, December 15, 2025



REGISTER TODAY

2025 Wellness Course Calendar

MONTH	THEME	COURSE
March	National Sleep Awareness Week	Stress Management Through Better Sleep: How to Get to Sleep Faster <i>by Mike Veny</i>
April	Earth Day Apr 22	The Search for Climate Innovation: How We Do This Together <i>by The Great Courses</i>
May	National Physical Fitness and Sports Month	4-Minute Workplace Workout: 01. Good Mornings <i>by The Jeff Havens Company</i>
June	International Day of Yoga Jun 21	Desk Yoga: Hip Openers for Stress Relief <i>by OpenMind</i>
July	National Parks and Recreation Month	Wonders of the National Parks: A Geology of North America: Pinnacles to Joshua Tree: The San Andreas <i>by The Great Courses</i>
August	National Financial Awareness Day Aug 14	Achieving Financial Wellness <i>by Open Mind</i>
September	World Gratitude Day Sep 21	Positive Attitude: Replace Comparisons With Gratitude <i>by ICON</i>
October	World Mental Health Day Oct 10	Emotional and Mental Health in the Workplace <i>by WILL Interactive</i>
November	Eating Healthy Day Nov 5	Avoid The Mid-Afternoon Slump And Stay Energised All Day <i>by PepTalk</i>
December	Happy Holidays	Handling Holiday Stress <i>by OpenMind</i>

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Use your employee ID number, PeopleSoft password, and secure access at a Metro facility or remotely through VPN. You don't need a Metro email address to access Metro Learning.

Need password help?

Contact the IT Help Desk to reset your PeopleSoft password.

