

Wellness Resources Navigator





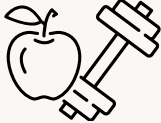
POST-WELLNESS ASSESSMENT RESOURCES



Based on Gallup's International Well-Being Index:
Sharp Best Health - Dimensions of Well-being

Sharp Best Health Wellness Navigator

BASED ON THE 2025 WELLNESS ASSESSMENT RESULTS

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2025 WELLNESS ASSESSMENT OVERVIEW

In 2025, Sharp Best Health, in partnership with Sharp Health Plan, conducted a voluntary and anonymous Wellness Assessment (WA) for Sharp employees. The goal was to raise awareness about health risks and empower team members with resources to support healthy living and preventive care

Nearly **12,000 employees** participated in the assessment, providing valuable insights into the overall wellbeing of our workforce. The results highlighted several key risk areas:



1. MENTAL HEALTH

- **14%** scored in **moderate to severe depression** range
- **11%** scored in **moderate to severe anxiety** range
- **234** employees reported self-harm risk



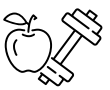
2. SOCIAL DETERMINANTS OF HEALTH (SDOH)

- **1,769 employees** reported at least one SDOH need
- **Four key needs identified** (food, housing, transportation, childcare))
- Childcare and food insecurity are the most common concerns



3. CANCER SCREENINGS

- **Colonoscopy Screening (Age 45+):**
48% of employees reported they have not had a colonoscopy
- **Cervical Cancer Screening (Women Only):**
39% of employees reported they have not had a screening



4. WEIGHT MANAGEMENT

- **30%** (3,446 employees) are **obese**
- **34%** (3,885 employees) are **overweight**



TOOLKIT PURPOSE

The good news? Sharp offers a variety of helpful resources—many of them **free or low-cost**—to support our team members in staying on track with their health goals. This toolkit highlights targeted programs and services available through Sharp and our community partners, designed to address the key risk areas identified in the 2025 Wellness Assessment.

It is designed to help leaders understand and communicate the resources to their teams and facilitate meaningful conversations around well-being and support.





RISK ONE: MENTAL HEALTH

Resource / Program	Description	Learn More	
<p>Counseling with Magellan EAP (Short-Term Counseling)</p>	<p>EAP operates a confidential 24-hour hotline available to employees, household members and eligible dependents, assisting in achieving balance, managing stress, and addressing day-to-day challenges.</p>	<p>Contact EAP at 1-877-230-5294 (TTY 711) or visit Member.MagellanHealthcare.com</p> <p>Click here to learn more on SharpNet</p>	
<p>Behavioral Health Services (Long-Term Counseling)</p>	<p>Behavioral Health Services, through the Sharp Health Plan (SHP), offers long-term counseling support to help individuals manage emotional, psychological, and social challenges through ongoing, personalized care.</p>	<p>Magellan direct line for SHP's Behavioral Health Services: 1-866-512-6190</p> <p>Click here or scan the QR code to learn more</p>	
<p>Substance Use Treatment, Eating Disorders, Trauma and PTSD Treatment</p>	<p>Sharp Mesa Vista Hospital offers specialized treatment programs for substance use, eating disorders, trauma, and PTSD—providing compassionate, evidence-based care to support lasting recovery and emotional well-being.</p>	<p>Click here or scan the QR code to learn more</p>	






RISK ONE: MENTAL HEALTH

Resource / Program	Description	Learn More	
County of San Diego Health & Human Services	From stress and anxiety to shame and embarrassment, San Diego County has free Mental Health support and Suicide Prevention resources.	Click here or scan the QR code to learn more	
NAMI San Diego/Imperial Counties Support Programs	Support Groups run by community members who have first-hand experience with mental illness	Click here or scan the QR code to learn more	




RISK TWO: SOCIAL DETERMINANTS OF HEALTH (SDOH) FOOD

Resource / Program	Description	Learn More
Magellan EAP: Life Enrichment Services	Provides confidential support and referrals for essential needs, including assistance with food insecurity. Offers support for challenges with nutrition, groceries, and meal access.	Click here to learn more
Farm Fresh to You: Fresh Produce Discounts for Sharp Employees	Farm Fresh to You delivers organic fruits and vegetables fresh from the fields to your doorstep (home or office).	Click here to learn more
Emergency Food Distribution Sites	A comprehensive list of food distribution sites across San Diego County offering free groceries to eligible individuals and families.	Click here or scan the QR code to learn more 
2025 Food Distribution Sites Calendar by County	Regional list of free food distribution sites across San Diego County, organized by neighborhood and location.	Click here or scan the QR code to learn more 
San Diego Food Pantries	A comprehensive list of food pantries, distributions, CalFresh information, school and senior meals, WIC, and Summer-EBT.	Click here or scan the QR code to learn more 
Care.com	Care.com offers a high quality, subsidized solution when regular care is unavailable during work hours .	Click here to learn more






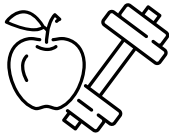
**RISK TWO: SOCIAL DETERMINANTS OF HEALTH (SDOH)
HOUSING**

Resource / Program	Description	Learn More	
<p>Magellan EAP: Life Enrichment Services</p>	<p>Provides confidential assistance for employees facing housing-related challenges. Services include financial counseling to help manage rent and utility costs, legal aid for eviction prevention, and referrals to local housing agencies and emergency shelter programs.</p>	<p>Contact EAP at 1-877-230-5294 or visit Member.MagellanHealthcare.com</p> <p>Click here to learn more</p>	
<p>Kashable: Low-cost Person Loans for Emergency</p>	<p>Kashable offers low-interest personal loans to help employees manage housing-related expenses such as rent, deposits, or emergency repairs. It's a safe and accessible alternative to high-cost borrowing, with flexible repayment through payroll direct deposit and no impact on credit score when checking rates. Ideal for those facing temporary financial strain that could affect their housing security.</p>	<p>Call (646)-663-4353 from 9AM - 6PM EST Monday through Friday and Saturday through Sunday from 10AM - 5PM EST</p> <p>Click here to learn more</p>	
<p>2-1-1 San Diego</p>	<p>Housing & Homelessness If you are looking for housing assistance, call 2-1-1 to speak with someone who can assess your situation and housing needs.</p>	<p>Click here or scan the QR code to learn more</p>	






RISK THREE: CANCER SCREENINGS

Resource / Program	Description	Learn More	
<p>Routine checkups</p>	<p>Regular visits with your PCP help identify which cancer screenings are right for you based on your health history and risk factors.</p>	<p>Click here or scan the QR code to learn more</p>	
<p>SharpApp</p>	<p>Use SharpApp to stay on top of your health with personalized reminders for recommended cancer screenings and other preventive care tests.</p>	<p>Click here or scan the QR code to learn more</p>	
<p>Screening and Vaccination Chart</p>	<p>A visual guide outlining recommended cancer screenings by age, emphasizing the importance of early detection for improved outcomes.</p>	<p>Click here or scan the QR code to learn more</p>	



RISK FOUR: WEIGHT MANAGEMENT

Resource / Program	Description	Learn More	
<p>SRS's Be Well for Life: Ten-week Weight Management Program</p>	<p>This 10-week wellness program emphasizes nutrition education and healthy lifestyle development. The goal of the program is to optimize wellness by exploring nutrition, physical activity, stress, sleep and social connection.</p>	<p>Click here or scan the QR code to learn more</p>	
<p>Weight Management with Health Coaching (SHP or SRS Six-Week Programs)</p>	<p>Sharp Health Plan (SHP) and Sharp Rees-Stealy (SRS) offer free, phone-based health coaching to support weight management and overall wellness. Certified coaches help participants set goals, build healthy habits, and overcome barriers through personalized sessions.</p>	<p>SHP: Click here or scan the QR code to learn more</p> <p>SRS: Click here or scan the QR code to learn more</p>	<p>SHP:</p>  <p>SRS:</p> 
<p>Active&Fit DIRECT: Discounted gym membership</p>	<p>Sign up for The Active&Fit Direct Program at just \$28 per month to access a range of selected fitness centers and gyms in San Diego and nationwide.</p>	<p>Click here to learn more</p>	