



JANUARY 2026

Live Well Virtual Open House

*Benefits for a
Life Well Lived.*

Presented by Danielle Hatcher
Statewide Engagement Program Manager
Live Well Program

Welcome & Introductions



Objectives

- By the end of the Live Well Virtual Open House, participants will:
 - **Have a clear understanding of Live Well** and the wellbeing resources available to them
 - **Feel confident navigating Grokker** and choosing resources that meet their needs
 - Recognize **flexible ways to engage** in wellbeing
 - Know **where to find support** and next steps to continue their wellbeing journey
 - **Feel empowered to take one small step toward their wellbeing**, knowing there is no “right way” to participate and every step counts

Before We Get Started

- All participants are on mute to minimize background noise.
- Thank you to those who submitted questions in advance during registration!
- However, if you have new or more questions, please share them in the chat.
 - If we do not get to your question, do not worry. Our team will send a follow-up email to answer any unanswered chat questions.
 - You can also email any questions to us at **CalHR.Wellness@calhr.ca.gov**.
- Presentation slides will be posted online after this forum.

Group Activity

What does wellness mean to you?

- Let us know in the chat.
 - Or simply think about it or write it down.
- It might be a feeling, a daily habit, a goal or a connection.



Statewide Engagement Program – You Matter

PROGRAM MISSION

Provide a holistic approach in connecting state departments with the capacity and community to support the overall wellbeing of state employees.

Bringing Together:

- Employee Assistance: Whole You
- Employee Engagement: Thrive Together
- Employee Wellness: Live Well
- Merit Award: Your Impact

Threading the topic of employee engagement by nourishing the five elements of wellbeing.



The Five Elements of Wellbeing



CAREER

You like what you do every day.



SOCIAL

You have meaningful friendships in your life.



FINANCIAL

You manage your money well.



COMMUNITY

You like where you live.



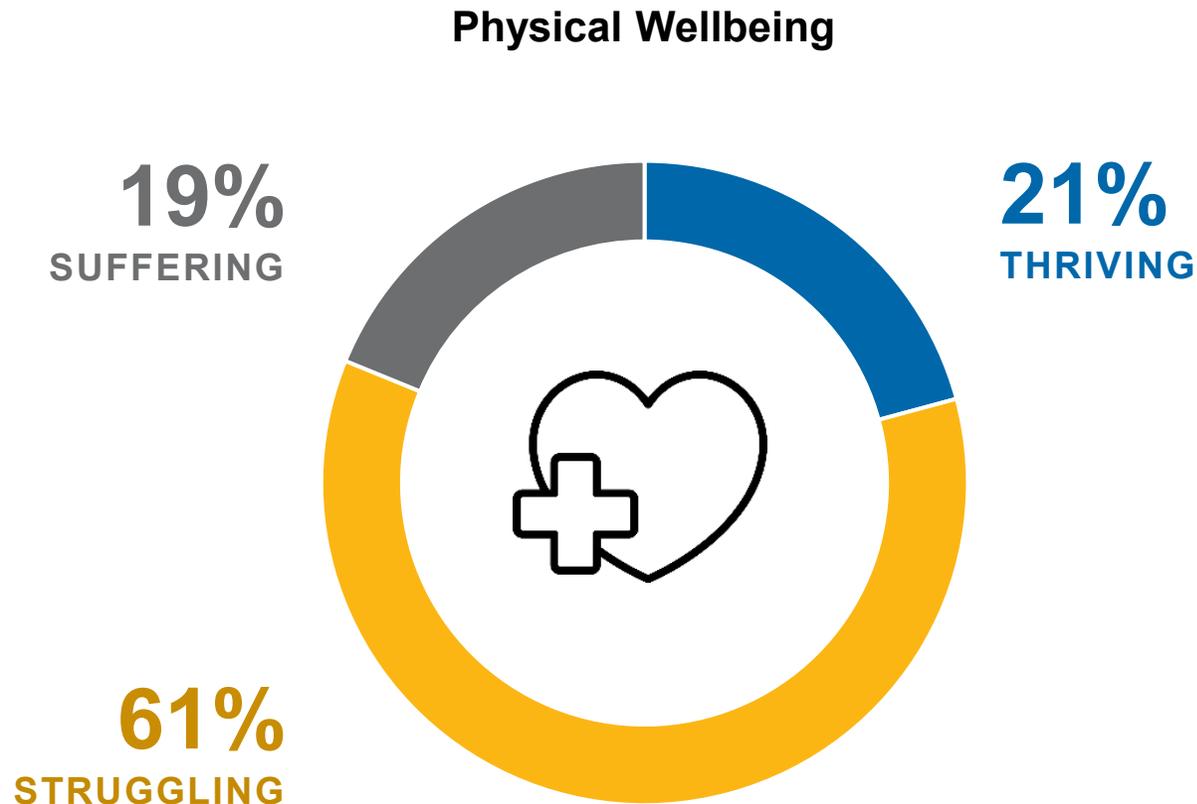
PHYSICAL

You have energy to get things done.

Physical Wellbeing



Five Elements of Wellbeing: Physical



When employees are **thriving in physical wellbeing**, they are:

2.1x

as likely to be **engaged** at work

1.9x

more likely to strongly agree they would **recommend** their organization as a great place to work

32%

less likely to be watching for or actively **seeking a new job**

59%

less likely to feel **burned out** at work very often or always

WF Q1 2024, U.S. Employees MOE: ±1 point



Fast Facts:

1995

The Employee Wellness Program was established on April 4, 1995, with **Executive Order W-119-95**. Each department is required to allocate resources to coordinate their participation.

24/7/365

Services are **voluntary and free**. They can be accessed all day, every day.

245,000

Available to **ALL** ~245,000 active state employees.

2026

The current Employee Wellness Program provider is **Grokker**, whose contract started in January 2026.

Introducing: Live Well



- A refreshed approach to employee wellbeing
- Launched Jan. 1, 2026
- Replaced Healthier U with a modern, streamlined wellness experience
- Aligned with the five elements of wellbeing at work and in life
- *Focused on the whole person*

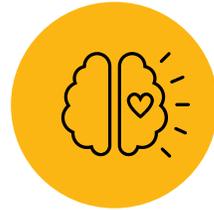


LIVE WELL



EXPERT TRAINERS

Learn from a diverse network of 130+ expert trainers and coaches offering guidance across fitness, mindfulness, nutrition, financial wellbeing and more.



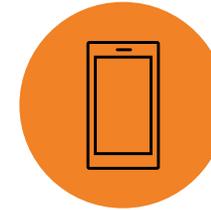
MINDFULNESS & MENTAL WELLBEING

Explore guided meditation, stress management and mindfulness practices designed to help you reset, refocus and build resilience.



NUTRITION & HEALTHY LIVING

Discover healthy recipes, nutrition classes and practical tips to support balanced eating, energy and everyday wellbeing.



WELLNESS ON THE GO

Access Grokker anytime, anywhere with the mobile app, making it easy to fit wellness into your day, at home or on the move.



FITNESS & MOVEMENT

Build strength, boost your heart rate or unwind with a wide variety of guided workouts for all levels and abilities.

wellness.calhr.ca.gov

Click on **Validate Eligibility** to create your Grokker account!

Monthly Content Themes



LIVE WELL

Welcome to Live Well, Powered by Grokker

Grokker

Your December Activity

Ask Grokky

LIVE WELL: Fresh Start in January

LIVE WELL

A Life Well Lived
CalHR Benefits Newsletter

January 2026

New year, fresh start. We're here to help you feel your best. Small steps add up. Book appointments, try a wellness activity and make smart money moves.

Schedule Your Annual Checkups

Start the year off right by scheduling your preventive appointments. If you don't yet have a provider, use the tiles below to find contact information for your health, dental, and vision plans, and access your plan's resources to locate a provider near you.

Medical: Schedule your annual visit with your primary care provider. Preventive checkups can catch health issues early and are often fully covered, helping you avoid more costly care down the line.

Dental: Don't wait to book your cleaning, as regular teeth cleanings help prevent more expensive dental procedures later in the year, and early appointments fill up fast. For Delta Dental members, diagnostic and preventive services are available at no cost.

Vision: January is Glaucoma Awareness Month. Even if you don't wear glasses, eye exams can screen for vision changes and detect health issues like diabetes or high cholesterol. Schedule an appointment with your eye doctor today.

Did you change plans during Open Enrollment? Your new coverage starts in January. [View the Benefits Summary Guide](#) for benefits details and contact information.

- Each month has themed content related to the time of year or annual observances.
- To access the monthly theme, click any of the buttons in the top right margin.
- A new page will open with that month's content, including State of California Resources and suggested Grokker videos below.

Wellness Resources Page



LIVE WELL
Welcome to Live Well, Powered by Grokker

Your December Activity

Ask Grokky

help you find whatever you need. Try me!

trouble sleeping

LIVE WELL

State of CA Wellness Resources Page

Magellan HEALTHCARE
Employee Assistance Program (EAP) – Magellan Healthcare
No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. The EAP offers you a variety of resources to improve your wellbeing. Sometimes, unexpected events, like wildfires or earthquakes, can disrupt daily life and create challenges that feel overwhelming. That's when the EAP can be especially valuable.
Ready to explore your benefits? [Click here.](#)

LifeMart
LifeMart Discount Center
Access LifeMart®, an online, members-only discount center and mobile app. LifeMart makes everyday life a little more affordable with both national and local discounts on brands you know and love. Whether you're planning a major purchase like a car, home or vacation or just want to save on day-to-day essentials, look to LifeMart.
When prompted, enter your department name to populate the drop-down options. Once you've accessed the discount center, be sure to check out discounts for gyms including Anytime Fitness, Orange Theory, Active and Fit Direct and more!
Ready to continue to the discount center? [Click here.](#)

betterhelp
Virtual Counseling, powered by BetterHelp
You have access to up to six confidential virtual therapy sessions per fiscal year, provided by BetterHelp, at no cost to you. BetterHelp is the largest online counseling service providing an alternative to traditional, in-person counseling. Better Help enables you to meet with a counselor by text message, phone, chat or video conference. When prompted, enter your department name to populate the drop-down options.
Ready to get started? [Click here.](#)

LIVE WELL: Fresh Start In January

LIVE WELL

A Life Well Lived
CalHR Benefits Newsletter

New year, fresh start. We're here to help you feel your best. Small steps add up. Book appointments, try a wellness activity and make smart money moves. [Click HERE](#) to access *A Life Well Lived, CalHR Benefits Newsletter* along with Grokker content that makes it easy and enjoyable to get a fresh start!

Discover State of California benefits and resources that support your health and help you Live Well.

Click [HERE](#) to view the Live Well events calendar.

- A State of California Wellness Resources page has been set up to help you explore and engage in your benefits.
- This can also be found on the Grokker homepage.
- Click on the CalHR seal to access the Wellness Resources page.

Upcoming Events



The screenshot displays the Live Well homepage. At the top, it says "Welcome to Live Well, Powered by Grokker". Below this, there's a search bar "Ask Grokky" and a "Your December Activity" section. The main content area features the "State of CA Wellbeing Calendar" for January 2026, which is a grid showing various events categorized by color: blue for physical wellbeing, green for financial wellbeing, and orange for social/emotional wellbeing. To the right of the calendar is a "LIVE WELL: Fresh Start in January" section with a "A Life Well Lived" newsletter sign-up. At the bottom right, a red circle highlights a calendar icon with the text "Click HERE to view the Live Well events calendar."

- Upcoming events and webinars can also be found on the homepage.
- To access upcoming events, click on the calendar icon a bit further down in the right margin.
- A new page will open with the calendar where you can view by week, month or list.
- You can also filter by topic including physical wellbeing (blue), financial wellbeing (green) or social/emotional wellbeing (orange).

Statewide Employee Wellness Challenges



- Held twice per year.
- Challenges focus on staying active, establishing and reinforcing healthy habits and improving overall wellbeing.
- Utilizes the Grokker portal to track wellbeing minutes.
- Upcoming “Find Your Balance” Challenge runs Feb. 17-Mar. 16, 2026.
- Starting Feb. 2, you can join the challenge by finding your department’s team.
- When the challenge starts, earn wellbeing minutes by watching expert-led videos on Grokker, syncing your wearable device to track activity, or self-reporting activity in the portal.



Website Demonstration



Poll

- What Live Well resource or service do you think you will use in the future?
 - Select all that apply



For More Information

Employee Engagement Program

Thrive Together



Employee Assistance Program

Whole You



Employee Wellness Program

Live Well



Merit Award Program

Your Impact



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wellness.calhr.ca.gov

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Thank you!