

Direct to You

Monday
1/21/22

Patricia Wells, OHA Executive Director



Good Afternoon OHA Family

Over the last two years, our shared journey has been filled with highs and lows. Through it all, we have remained strong and tackled the challenges that impact the work we do and our personal lives outside of OHA with grace. As we move forward, we do so armed with knowledge and information that we didn't have before, but also with a resolve to take what we now know and use it to create positive outcomes in our lives and in the lives of those we serve.

Led by Drew Felder, OHA's Director of Human Resources and the HR team, the leadership team compiled a list of concerns shared by staff across the entire agency. The team focused on general areas of concern as well as specific issues that many have indicated they'd like more help addressing, and looked for ways to offer more targeted support. Some of you asked for help to stay better connected with one another; others expressed a desire for improved health, both physically and emotionally; and still others are seeking ways to remain positive and uplifted by the possibilities of the future. **We listened.** In our effort to deliver solutions that add value to the lives of our OHA family, we are introducing a new tool that we all can use to create positive outcomes.

I am excited to share with you our newest employee benefit, **TaskHuman**. TaskHuman is a mobile app, designed with you in mind. Sometimes, we all need a little help to develop strategies for managing stress, staying active and being mindful in our day-to-day lives. With TaskHuman, instantly connect 24/7 to a global catalog of coaches.

TaskHuman provides personalized video calls with specialists covering topics like physical fitness, mental well-being, spiritual, emotional, financial, life & leadership coaching, and 100s of additional topics covering every aspect of your personal and professional life. So now, your health is in the palm of your hand. Good health and positive change is available whenever and wherever you need it.

Below you'll find an array of tools to get you started with this new resource. I found the app to be robust and quite intuitive during the demonstration, but I can't wait to really dig in and spend some time this week familiarizing myself with some of the topics in the app. Maybe I'll even find a great coach to assist me with one or two of my New Year's resolutions. I hope each of you takes a little time in the next few days to download the app, find at least one area of interest and explore what TaskHuman has to offer. *Remember, this incredible tool isn't just for OHA employees, it is available to your family as well. And it's all **FREE** of charge...just make sure to use OHA's discount code when you get started.*

Have a great weekend filled with positivity!

Patricia

Positive
MIND • VIBES • LIFE

All past issues of Direct To You are available on the OHA website for 24/7 access. In addition to the messages sent directly from the OHA executive director, you can also find links to other resources, articles, and up-to-date information about OHA operations and the ways we are addressing the current health crisis.

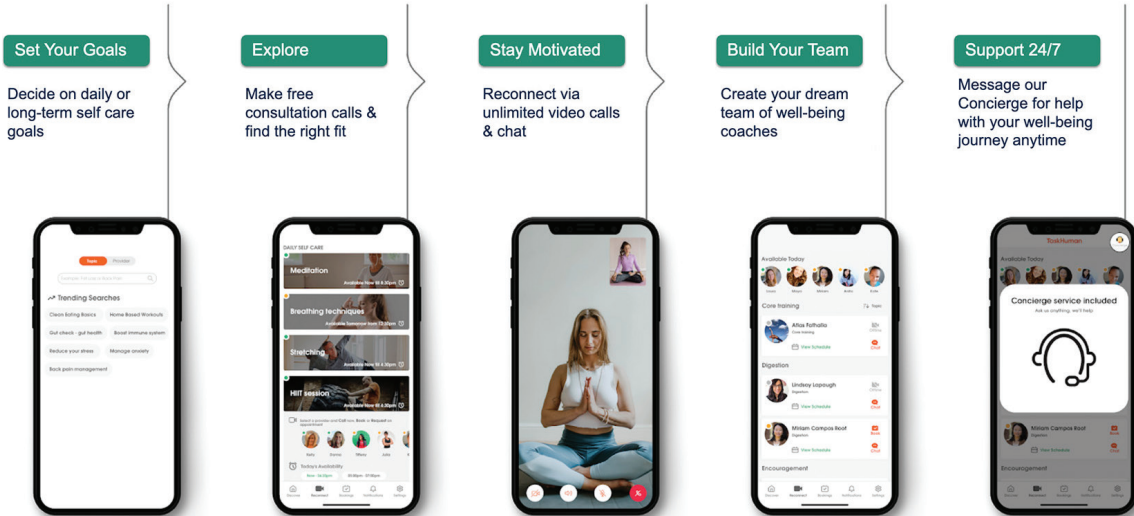




See TaskHuman in action! Unlimited Possibilities with TaskHuman

Download TaskHuman

How TaskHuman works:



Direct From Me

Messages from OHA Employees to Leadership



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REMEMBER: if you have reasonable suspicion that you have been exposed to someone with COVID-19 or if you are experiencing symptoms of fever (100.4 Fahrenheit or higher), coughing, or shortness of breath, do not report to work. Immediately contact your primary care provider and then your supervisor for instructions on what you need to do next. If you have any questions regarding your schedule, please contact your supervisor or Director. If you have questions in regards to pay or leave time, please contact Human Resources at (510) 874-1575.

