



# Employee Wellness Programs



## On-site Fitness Classes

These various activities are taught by Employee Wellness, volunteers and the Wellness Council of Arizona. All payments should be given directly to the instructor at your first class of the month; exact change or check to WELCOAZ. Where applicable, participants are required to assist with moving/re-setting conference room furniture. Activities are not held on County holidays.

**Low-Cost Cardio Strength Training:** This 40 minute class uses body weight and resistance bands to increase your heart rate, target upper & lower body, core & balance for a well-rounded compact workout.

Location	Room Name/Number	Day	Time	Cost
<b>Admin. West Bldg.</b> 150 W. Congress	5 <sup>th</sup> Floor (to the right of the elevators)	Mon. Thu.	12:10 – 12:50 p.m.	\$10 month for one class per week \$5 drop-in

**Low-cost & Free Yoga:** Beginning, intermediate and advance yoga styles customized to each class. Bring a mat; Limited mats available at the Main Library.

Location	Room Name	Yoga Style	Day	Time	Cost
<b>Abrams Bldg.</b> 3950 S. Country Club Rd.	Conference Room #1104	Beginner	Wed.	12:10 – 12:50 p.m.	\$10 month \$5 drop-in
<b>Main Library</b> 101 N. Stone Ave.	Lower Level Conference Room	Beginner – Intermediate	Mon. Wed.	12:10 – 12:50 p.m.	FREE
<b>Nanini Library</b> 7300 N. Shannon Rd.	Safety Conference Room	Beginner	Thu.	12:10 – 12:50 p.m.	\$10 month \$5 drop-in
<b>Public Works Bldg.</b> 201 N. Stone Ave.	Conference Room C	Advanced	Fri	12:10 – 12:50 p.m.	\$10 month \$5 drop-in

**Low-cost Zumba:** A high-energy workout with easy to follow-moves and Latin rhythms.

Location	Room Name	Day	Time	Cost
<b>Admin. West Bldg.</b> 150 W. Congress St.	5 <sup>th</sup> Floor (to the right of the elevators)	Tue.	12:10 – 12:50 p.m.	\$10 month \$5 drop-in
<b>Juvenile Court</b> 2225 E. Ajo Way	Detention Pod 800*	Mon. Tue. Thu.	12:10 – 12:50 p.m.	\$10 month for one class per week \$5 drop-in

\* Due to security reasons, this class can only be offered to Juvenile Court employees



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## Health Coaching

Meet one-on-one with a Personal Trainer from the Wellness Council of Arizona for strategies and assistance in creating a plan to manage a health concern, whether you are looking to lose weight, exercise more, eat healthier, manage stress or lower blood pressure and cholesterol. All appointments are 25 minutes. To schedule an appointment, contact the Wellness Council of Arizona (WELCOAZ) at **(520) 293-3369** or make an appointment online at: <https://www.snapappointments.com/listing/1v>

Day of the Month	Time	Location	Health Coach
<b>1st Tuesday</b>	10:00 a.m. - 2:00 p.m.	<b>Abrams Building</b> 3950 S. Country Club Room #2108	Natalia Comisso
<b>4th Tuesday</b>	10:00 a.m. - 2:00 p.m.	<b>Bank of America Building</b> 33 N. Stone Ave, 16th Floor Conference Room	Natalia Comisso
<b>1st Thursday</b> <b>3rd Wednesday</b>	10:00 a.m. - 2:00 p.m.	<b>Juvenile Court</b> 2225 E. Ajo Way HR Conference Room	Natalia Comisso
<b>2nd Wednesday</b>	10:00 a.m. - 2:00 p.m.	<b>Legal Services Building</b> 32 N. Stone Ave 14th Floor Conference Room	Denise Jimenez
<b>2nd Monday</b>	10:00 a.m. - 2:00 p.m.	<b>Sheriff's Department</b> 1750 E. Benson Hwy 2nd Floor Conference Room	Natalia Comisso
<b>2nd Thursday</b>	10:00 a.m. - 2:00 p.m.	<b>WESC</b> 2955 W. Calle Nueva Nitrogen Conference Room	Natalia Comisso

**Participation in 3 Health Coaching sessions will earn you 50 Healthy Lifestyle Activity Points.**

## Mindfulness Meditation

Take advantage of a relaxing mid-day break, reduce stress and learn breathing and mindfulness techniques with volunteer instructor Blake Ashley. Employees interested in participating on a regular basis may check-out a meditation cushion to keep for class use. Contact Employee Wellness at 724-2486. **\*\*New participants are always welcome\*\***

Location	Room Name/Number	Day	Time	Cost
<b>Downtown – Main Library</b> 101 N. Stone Ave.	1 <sup>st</sup> Floor Children’s Room	Tue.	12:10 – 12:50 p.m.	FREE

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## Weight Watchers At Work

Join one of the most successful group weight loss programs at a convenient location. For only **\$130 + free enrollment** you receive a supportive 10-week program. **Join anytime.** When you can't attend the At Work meetings you can attend another AZ meeting. Pima County employees are eligible for a \$50 Corporate Reward gift card or \$60 Weight Watchers gift certificate incentive by attending at least 9 out of 10 consecutive meetings and losing at least 5 pounds. Visit the [Weight Watchers at Work](#) website for more details.

Location	Room Name	Day	Time
Bank of America Bldg. 33. N. Stone Ave.	10 <sup>th</sup> Floor, Public Defender's Conference Room	Wed.	Weigh-in: 11:45 am – 12:15 pm Meeting: 12:15 – 12:45 pm

**Earn 50 Healthy Lifestyle Activity Points for completing the program requirements.**

## Wellness Workshops

Employee Wellness in conjunction with the Wellness Council of Arizona are offering a variety of **free** and informative workshops that focus on nutrition, stress management, fitness, and healthy living. For a list of scheduled workshops for the month, please visit the [Wellness Workshops](#) webpage. Registration for a workshop is recommended but not required. Walk-ins are welcome.

**Diabetes Prevention and Education:** The Diabetes Prevention & Education Center at Abrams offers a variety of workshops focused on cooking, fitness, weight loss and overall health for people with or without diabetes - all at no cost! Visit the [Diabetes Management](#) webpage for more details and for the current schedule of classes.

**Earn 10 Healthy Lifestyle Activity Points for each wellness workshop you attend.**

## Special Wellness Programs for all Worksites

These programs are designed for easy participation no matter where you work. Employee Wellness sends you the materials you need and you participate on your own time. There are no special classes to attend.

### 100 Push-up Challenge

100 pushups may seem like a lot - it can sound a bit daunting. If you're serious about increasing your strength, follow this 6 to 8 week training program and you'll soon be on your way to completing 100 consecutive pushups! Complete the [Registration Form](#) to get started.



# Employee Wellness Programs



## 200 Lunge Challenge

If you're interested in building strength in your quadriceps and glutes, follow this 6 - 8 week training program and you should soon be on your way to completing 200 consecutive lunges! All you need is a solid plan, plenty of discipline and about 30 minutes a week to achieve this goal! Complete the [Registration Form](#) to get started.

## Community Volunteering & Participation

Show pride in your work and your community by volunteering your time and energy to a helpful cause. You are also encouraged to participate in a community event. Each 1 hour (up to 4 hours) dedicated to volunteering at the listed event will be worth 5 Healthy Lifestyle Activity Points (HLAP's). You may also participate in the event for an additional 5 HLAPs. Submit the [Community Volunteer/Participation Form](#) to receive HLAPs.

**You may earn up to 25 total Healthy Lifestyle Activity Points each fiscal year.**

## Seasonal Fitness Challenge

The [Seasonal Fitness Challenge](#) is easy and energizing! The goal of the challenge is simple: to accumulate at least 150 minutes of physical activity each week. 150 minutes is equal to an average of 20 minutes of exercise a day. Physical activity includes anything that requires moderate to active participation and is continuous for at least ten minutes. Each day you are physically active, you will track your total minutes on the Exercise Tracking Logs.

**By submitting your Exercise Tracking Logs you can earn 10 - 30 Healthy Lifestyle Activity Points.**

## Eat Right For Life Challenge

The majority of illnesses and chronic diseases are largely preventable, and in some cases reversible, simply by eating the right foods. Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains. It also involves cutting back on foods that have a lot of fat, salt, and sugar. The change to healthier eating choices includes learning about balance, variety, and moderation.

The 5-week program will inspire you to focus on five key pillars of nutrition outlined in the Eat Right For Life book that will transform unhealthy behaviors into healthy habits that will last you a lifetime.

You will receive a fun and inspiring copy of the Eat Right For Life book - FREE! that will help you adopt healthy eating habits in five key areas outlined in the book.

[Register](#) any time to begin the challenge. We will send you the book and materials. You may start at any time.

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Earn 20 Healthy Lifestyle Activity Points by completing this challenge.

You may complete the challenge twice per year for credit.

## **Eat Smart: Fruit and Veggie Challenge**

Join this fun and motivating 4-week challenge that will help you to EAT SMART by offering simple suggestions to increasing your daily consumption of fruits and vegetables. The Log Sheet will make it easy for you to track your daily servings of fruits and vegetables. You earn 1 point for each serving you track, which can add up quickly. Remember to check back on the Eat Smart Challenge website weekly for tips, updates, recipes and more!

[Register](#) to begin this challenge any time.

Earn 15 – 25 Healthy Lifestyle Activity Points based on the total servings you ate each month.

You may complete the challenge monthly for credit.

## **Monthly Online Presentations with Quiz**

Each month, Employee Wellness brings you newsletters and news bulletins packed full of pertinent health information and an on-line presentation with quiz to help you learn more about a special health topic. Topics covered in these bulletins include general health, safety, personal finance, exercise, nutrition, and more.

Visit the Online [Presentation with Quiz](#) webpage to begin.

Earn 5 Healthy Lifestyle Activity Points for completing each quiz.

## **Seasonal Weight Loss Challenge**

The Seasonal Weight Loss Challenge is an 8-week weight loss/maintenance program that will help rejuvenate your motivation to practice healthy behaviors to support your weight loss and maintenance goals. You may participate in this challenge individually but should participate with other employees for additional motivation and encouragement. Visit the [Seasonal Weight Loss Challenge](#) to learn more.

Earn 20-30 Healthy Lifestyle Activity Points based on weight loss results.

## **Additional Programs & Resources**

Certain programs and activities are not available year round. Below is a brief description of the most popular programs and activities offered throughout the year.

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# Employee Wellness Programs



## 12 Days of Wellness Challenge

Offered in December each year, the [12 Days of Wellness Challenge](#) is designed to be a helpful tool you can use to keep yourself on track with your health. For most people, it can be a difficult time of year to keep one's health priority due to the many holiday activities going on, abundance of food and lack of physical activities. Complete a different Wellness Activity for each of the 12 days and record them on the 12 Days of Wellness Calendar.

**Earn 10 Healthy Lifestyle Activity Points for submitting your 12 Days of Wellness Calendar.**

## Biometric Screenings

It's always important to keep your health and wellness top of mind. Awareness is the first step in maintaining and monitoring your health. A biometric screening allows first time and repeat participants the opportunity to get a quick and easy "snapshot" of your health. Only active Pima County employees who are enrolled in Pima County's Aetna medical plan are eligible for free health screening. Events are scheduled throughout the year.

**Earn a Healthy Lifestyle Premium Discount for completing a preventive biometric screening.**

## Epoch Men's Health Screening

Epoch Health is offering Pima County male employees a free Men's Health screening. Epoch will screen for:

- Vitamin Deficiencies
- Cancers
- Kidney Function
- Hormone Levels
- Electrolyte Levels
- Life threatening-conditions

Pre-registration is requested, but walk-ins are welcome. Please call **(520) 448-0401** to schedule a time for your screening.

**Earn a Healthy Lifestyle Premium Discount for completing a preventive biometric screening.**

## Flu Shot

The flu is a contagious illness caused by influenza viruses that infect the lungs, throat and nose. The flu affects millions of people each year and can lead to serious illness, or even death. According to the Centers for Disease Control and Prevention (CDC), the best way to prevent the flu is by getting vaccinated each year.

[On-site flu shot clinics](#) are available in the Fall each year.



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## Health & Wellness Fair

The [Health & Wellness Fair](#) invites several community exhibitors representing a variety of non-profit and commercial organizations attend the event, providing information, free screenings and demonstrations. The event will be scheduled once or twice each year.

## Healthy Living Program

The [Healthy Living Program](#) is a workshop developed by Stanford University to help adults and caregivers successfully live with ongoing health conditions. This FREE workshop consists of 10-16 participants, is 6 sessions long, meeting once a week for 2.5 hours. Pre-registration is required as class sizes are limited. The workshop teaches management skills through interaction, goal setting and action planning. You learn to manage your own health. For more information or to register contact Hector Juarez at **243-7939**.

**Earn 50 Healthy Lifestyle Activity Points for attending at least 4 out of 6 sessions.**

## Gym Discounts & Wellness Services

Employee Wellness is subsidizing the membership rates at local fitness facilities for all Pima County employees and their family members. The rates apply to all new and current memberships. Visit the [Gym Discounts](#) webpage to learn more.

## Mobile-Onsite-Mammography

[Mobile-Onsite-Mammography](#) is focused on providing the highest quality of Mammography service with our professional experienced staff, using the latest Digital Mammography technology for your safety and comfort.

The M.O.M. van is scheduled at various County and City worksites during the months of January and August each year. Check back periodically to see the schedule of on-site locations.

**Earn a Healthy Lifestyle Premium Discount for completing a preventive mammography screening.**

## No Weight Gain Contest

Practice healthy habits that support weight management and reduce your stress over the holidays. Your goal is to maintain your weight during the holiday season so that no more than 2 pounds is gained. Weight loss is encouraged, but not required. This challenge typically is offered in November each year. Visit the [No Weight Gain Contest](#) webpage to learn more.

**Earn 20-30 Healthy Lifestyle Activity Points based on weight loss results.**



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## Summer Slim Down Contest

This 10-week program will motivate you to shed those extra pounds by teaming up with (or against) your co-workers to lose weight during the summer months. This challenge is typically offered in June each year. Visit the [Summer Slim Down Contest](#) webpage to learn more.

## Spark Activity Tracker Discount

Designed to keep you moving and motivated! Small enough to clip on your pocket, shoe or bra, the [Spark Activity Tracker](#) is a friendly reminder to stay active throughout the day. \$24.99 each with tax.

## Walking at the TCC

Pima County, the City of Tucson and the Tucson Convention Center (TCC) recognize that healthy habits benefit City of Tucson and Pima County employees. To encourage employees to walk during their break times, TCC will open the Exhibit Halls A, B and C for employee-only walking April – October each year between 11:00 a.m. and 2:00 p.m.

To minimize the impact on the TCC budget, lighting will be kept at a minimum and air conditioning will remain at the normal level during non-use times. Walkers are asked to help keep the area clean and to not access other parts of the venue via the glass interior doors or arena tunnel doors. The restrooms in hall B will be open for use. TCC will publish a monthly calendar of the available walking days.

Visit [Walking at the TCC](#) for more details.

## Aetna member only programs

### **Aetna – Beginning Right Maternity Program**

Some women have health conditions or risk factors that could hurt their pregnancy. If you do, you can work with a nurse case manager to help you lower those risks. If you or a family member are covered under our Pima County medical plan and would like to register, please call **1-(800)-CRADLE (1-800-2727-3531)**. Learn more by visiting the [Beginning Right Maternity Program](#) webpage.



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## Aetna – Tobacco Cessation

The Healthy Lifestyle Coaching (HLC) Tobacco Free program is for employees and their family members 18 years and older who have Pima County medical insurance. To find out more information about getting started call the Aetna Tobacco Free program at **1-866-213-0153**.

The HLC Tobacco Free program has specialty coaches, flexible appointment times, wellness counselors and nutrition specialists. Coaching is available in 20-minute weekly one-to-one sessions for up to one year and/or six 30 minutes “live-meeting” group sessions within a 12-week period. You can elect to have 8-weeks of Nicotine Replacement Therapy (NRT) to support your healthy behavior change. There’s also access to online programs available through Simple Steps to a Healthier Life that include a wealth of educational materials, at-home activities, online workbooks, MP3’s and videos.

Please visit our [Tobacco Cessation](#) webpage to learn more about the tobacco cessation programs available to you and your family. Contact Employee Wellness at 724-8114 or email [wellness@pima.gov](mailto:wellness@pima.gov) to learn more.

**Earn a Healthy Lifestyle Premium Discount if you are tobacco-free for at least the past three months.**

## Aetna- Disease Management

Your condition isn’t unique. But you sure are. So this program is designed to help you control your condition in ways that work for you. You can:

- Work with a nurse when it fits your schedule
- Take online programs to boost your nurse coaching sessions
- Interact with the program online, by e-mail or by phone (24/7)
- All telephonic sessions are free & confidential

If you are a Pima County employee covered under our medical plan, you can schedule a one-to-one telephonic health coaching session by calling **1-(866) 269-4500**.

**Participation in 3 Health Coaching sessions will earn you 50 Healthy Lifestyle Activity Points.**