



HEALTHY HAPPENINGS

December 2013

Contact Us

Employee Wellness
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[Employee Wellness website](#)

Join the **12 Days of Wellness Challenge** during the month of December and earn some last minute **Healthy Lifestyle Activity Points**.

Free Diabetes & Wellness Workshops

The new 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!**

[View Nov/Dec Schedule](#)

You may pre-register by email at diabetes@uahealth.com or call (520) 874-6477.

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

Are you at risk for type 2 diabetes?

If you or someone in your family has diabetes, now is the perfect time to learn more about managing diabetes through EosHealth's Living Well with Diabetes program. Pima County and Aetna have teamed with EosHealth, a leader in diabetes health care to offer an exciting new family health care benefit. If you or somebody in your family is currently a diabetic and are covered under Pima County's medical plan, you or they may be eligible! This personalized program offers:



- **FREE** test strips
- **FREE** home delivery
- **FREE** state of the art meter
- **FREE** EosHealth team to work with you and your doctor
- Plus 24/7 access to diabetes educators, diet plans, exercise plans, helpful videos and much more.

Enroll now to take full advantage of all the benefits. You don't want to miss this. To learn more about EOS call **1-800-945-4355**.

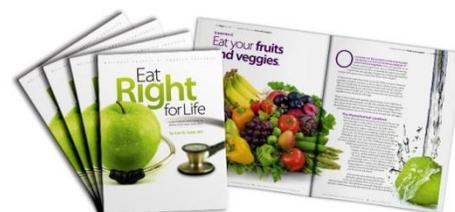
[More Details](#)

Eat Right For Life Challenge

The path to great health is far easier than most imagine and offers a world of benefits that will stay with you for the rest of your life. Take the first step on your amazing journey to healthy eating by joining the Eat Right For Life challenge!

Beginning **January 13, 2014**, Employee Wellness is kicking off the Eat Right For Life challenge. Participants are challenged to start making small yet impactful changes to their eating habits, and all employees are invited to enroll.

This 5-week program will inspire participants to focus on five key pillars of nutrition outlined in the *Eat Right For Life* book, and work toward transforming unhealthy eating behaviors into healthy habits that will promote a lifetime of stellar health.



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Mobile On-site Mammography (M.O.M.) is back

M.O.M. 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 for Pima County employees during the months of January and August each year. Please contact M.O.M. at **1-800-285-0272** to schedule your convenient appointment. Please have your insurance card available. This service is also open to employees' spouses.

[View the January 2014
Schedule](#)

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*Congratulations
to all the November
Wellness Winners*



Don't miss the December
**Online Health Newsletters and
Monthly Quiz**

Each participant in this fun and inspiring wellness challenge will receive a FREE copy of the *Eat Right For Life* book, and will embark on a journey to assess and improve current eating behaviors in each of the following categories:

- Do Your Fats Right
- Do Your Carbs Right
- Eat Your Fruits and Veggies
- Select The Right Proteins
- Drink the Right Beverages

All participants who complete the challenge will earn **20 Healthy Lifestyle Activity Points** and their choice of an *Eat Right For Life Cookbook Companion book* or *Eat Right For Life: On the Go book*.

Please **register** for the next challenge by **January 10, 2014** to ensure your book is mailed to you in time for the challenge start date. If you are already on the waiting list, there is no need to re-register.

[More Details](#)

Need a little help coping with holiday stress?

Here we are, right in the middle of holiday season. Are you feeling cool, calm and collected or stressed to the max? If you're feeling relaxed and happy, good for you! For most people, however, stress is at an all-time high during the holidays. So if you're frazzled, you're not alone.

Pima County offers employees confidential & no-cost counseling for personal, family and employee-related problems. The Employee Assistance Program (EAP) is available 24/7 and just a confidential call away at **1-888-238-6232**.

Additional online resources can be found at www.mylifevalues.com.

Login: Pima
Password: County

[More Details](#)

Surviving the Holiday Buffet

The average American puts on an average 5 pounds between Thanksgiving and New Year's Day. Along with laughter and good cheer during the holiday season comes parties and family gatherings filled with table upon table of food. Want to avoid holiday weight gain and feeling like a stuffed turkey yourself? Attend this workshop to learn how to make smart holiday food choices during your run-in with the All Day Buffet!



[More Details](#)