



# HEALTHY HAPPENINGS

July, 2013

## Contact Us

### Employee Wellness

150 W. Congress, 5<sup>th</sup> Fl.

Tucson, AZ 85701

Ph: (520) 724-8114

Fax: (520) 724-8150

Email: [wellness@pima.gov](mailto:wellness@pima.gov)

[www.pima.gov/hr/health](http://www.pima.gov/hr/health)



Don't miss the monthly  
**Online Presentation & Quiz**

## WELCOME TO WELLNESS WORKSHOPS

This informative workshop will review all the Employee Wellness programs and services available to you. You will also learn about various incentives you may be eligible for as an Aetna-covered employee.

Earn 10 **Healthy Lifestyle Activity Points** when you attend this 1-hour workshop.

**More Details**

## 3 Simple Steps to Wellness

At Pima County, our wellness initiative is our commitment to support preventive care and create a healthier workplace. We encourage you to take charge of your health and wellbeing...gain knowledge about your health and *save!* Between now and September 27, 2013, Aetna-covered employees can earn a \$50 gift card just for doing something simple and smart for their health.



We are asking every Aetna-covered employee to take 3 Simple Steps:

- 1) Starting July 1, 2013, **schedule an appointment for your 15 minute biometric screening.** [Click here](#) and you will be directed to Summit Health's Online Scheduling website.
- 2) **Complete your online health assessment through Aetna** and include the results of your biometric screening. Upon completion, you will be a personalized report that outlines any risk factors you may have. This *confidential* questionnaire takes about 15 minutes to complete.
- 3) **Complete the online wellness program consultation.** After completion of the health assessment, you will be given the option to click "Go to my Health Media Programs" and chose the wellness program that's right for you. After the initial 15 minute program consultation, you will receive your program plan. It has all the tools, resources and tips to get you started on the pathway towards better health.

Completion of these 3 Simple Steps will earn you a **\$50 gift card** provided by Aetna. Within 30 days of completing, Aetna will send you a secure email with your gift card certificate number and steps to retrieve your gift card. Choose between over 200 vendors!

In addition, by participating now, you may be eligible for future premium savings in 2014!!

**More Details**

# Healthy from the Start

World Breastfeeding  
Awareness Fair

Herbert K. Abrams  
Public Health Center  
3950 S. Country Club Rd.

Thu. August 1, 2013  
10am – 2pm

## Resources available:

- Guest speakers
- Dental screenings
- Early childhood development demos
- Family planning information
- Lactation consultants
- Nutrition information
- WIC / Food Plus enrollment (Baby health checks)



Congratulations  
to the  
Wellness Winners

## Mark Your Calendars for the Annual Summer Slim-Down Contest

Look and feel great this summer by registering for the Summer Slim-Down Contest which begins the week of July 8, 2013. This 10-week challenge will provide you with a list of resources to help you with meal planning, grocery shopping, exercise and food tracking, and other healthy lifestyle skills.



- Get motivated to accomplish a goal.
- Look better, feel better, and melt away some extra pounds.
- Earn **Healthy Lifestyle Activity Points** based on your success.
- Earn Wellness Bucks to purchase incentives just for participating.

### More Details

## 15 Minutes Could Save Your Life.



*"We Come To You"*  
Mobile Onsite Mammography (M.O.M.) will again be offered for Pima County employees in August, in conjunction with the City of Tucson. Mammography screenings are a proven way to aid in the early detection of breast cancer. When breast cancer is detected early there are more treatment options available from which to choose. Please contact M.O.M. at: **1-800-285-0272** to schedule your convenient appointment. Please have your insurance card available.

### More Details

## Employee Assistance Program (EAP)

Staying on top of the demands of work, family and finances can be overwhelming. Aetna's EAP services are confidential and free of charge to all Pima County employees, household members and dependents up to age 26.

They can help you with:

- Social development
- Stress management
- Anxiety and depression
- Legal and financial matters
- Worklife balance
- Relationships and marriage
- Child and elder care
- Education planning
- Substance abuse
- Weight loss and more

We know you're busy. That's why we're available anytime day or night. Give us a call or log on to the website for information, tools and resources to help you overcome life's obstacles.

**Ph:** 1-888-238-6232

**Web:** [www.mylifevalues.com](http://www.mylifevalues.com)

**Username:** Pima

**Password:** County