



HEALTHY HAPPENINGS

October, 2013

Contact Us

Employee Wellness
150 W. Congress, 5th Fl.
Tucson, AZ 85701
Ph: (520) 724-8114
Fax: (520) 724-8150
Email: wellness@pima.gov
[Employee Wellness website](#)

Fight the Flu

Get your seasonal flu vaccination.

Cover your nose and mouth with a tissue or your arm when you cough or sneeze.

Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.

Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

Stay home if you become sick.

Don't delay, get your flu shot today

Getting your flu shot is important since the flu season can start early in the fall and last late into the spring. The earlier you get the vaccine, the better protected you are for the whole flu season.

It 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.

Don't let the flu
BUG you this season!

On-site Flu Shots coming
in November.



[More Details](#)

More Details

Trick or Treat Trot - 2013

Don't miss a minute of "spooktacular" fun!

When: Thursday, October 31st

Where: Tucson Convention Center (TCC) Arena

What Time: Anytime between 11:00 am and 2:00 pm



Join other downtown employees for this fun walk. Each lap around the TCC arena is equivalent to .5 of a mile. You may lap around the arena as many times as you want.

Pick up "Trick or Treat" tickets during the walk - all "Treats" give you a chance to win a prize. Earn an extra "Treat" by wearing a costume or funny hat. Healthy snacks and giveaways will be available.

Don't forget to bring your Pima County badge and your own water bottle to help keep Tucson Green.

More Details



*Congratulations
to all the September
Wellness Winners*

Do You Need a Health Coach?



[Laurel Inman](#) [Eileen McGuire](#)

When it comes to living a healthy lifestyle, it's more than just what you eat or how you exercise. The quality and quantity of your sleep, how you deal with stress and your emotional well-being also play a role in your overall health.

A health coach can help you find lifestyle and nutritional solutions that work for you to address a health concern. They will help you set short and long-term health goals and develop an action plan to achieve them.

More Details



Don't miss the [Online Presentation and Monthly Quiz](#)

3 Simple Steps to Wellness

Over 2,500 employees participated in this year's on-site biometric screening event. Those employees who also completed their online health assessment and online wellness program consultation on Aetna's website earned a \$50 gift card courtesy of Aetna.

Gift cards were sent out by email from Aetna (support@aetnarewards.com) during the first week of the following month the three steps were completed. If you have not received your gift card, please contact Aetna technical support at **1-866-567-9419** or **1-877-922-4483** for assistance or to reissue your gift card.

The results of the biometric screening and online health assessment will ultimately help Aetna keep health care costs low for Pima County and our employees. We can provide quality programs and activities that encourage and support employee health and wellness.

If you did not participate in the 3 Simple Steps to Wellness campaign, you still have time to qualify for your **Healthy Lifestyle Premium Discount** requirements. These include being tobacco free, completing the online health assessment, getting a preventive exam including a biometric screening through your doctor, and earning 100 Healthy Lifestyle Activity Points by participating in wellness activities.

Summer Slim Down Contest Results

The results are in and they are exciting. Over the course of 10 weeks, 850 employees joined together as one team and made a commitment to either losing or maintaining a healthy weight over the summer. During this time, weekly health tips were provided to keep employees motivated and on track.

As a result, 737 employees completed a weigh-out. 471 employees maintained their initial weight within 2 pounds. 197 employees lost between 2 and 4.9% of their initial weight and 57 employees lost 5% or more of their initial weight.

A grand prize drawing for one of ten \$100 gift cards was held for employees who completed the challenge based on their total weight loss. The winners are:

1. Alene Martinez, Juvenile Court
2. Angelie Hawley, Treasurer
3. Jeannette Fair, Health Dept.
4. Janis Clem, Library
5. Maria Canizales, Procurement
6. Anonymous
7. Sally Valenzuela, Assessor
8. Susan Shettleroe, Assessor
9. Tim Rowe, Wastewater
10. Jaime Reyes, Juvenile Court

Want another chance to lose weight and win prizes? [Register](#) for the 8 week No Weight Gain Contest, which begins right before start of the holiday season in November.

More Details