

# Wear RED Day



## February 1, 2019

Join the fight against heart disease by pledging to wear red on Friday, February 1, 2019 and educating yourself on the risks, warning signs and prevention of heart disease and stroke.

Complete this certificate and return to Employee Wellness by **February 8, 2019** to earn **5 Healthy Lifestyle Activity Points (HLAPs)** and qualify for **1 of 2 \$50 Corporate Rewards gift cards\***.

*\* All gift cards are subject to taxation.*

<b>EIN</b>	
<b>Name</b>	
<input type="checkbox"/>	<i>I wore red on <b>Friday, February 1, 2019</b> to support heart disease and stroke awareness and prevention.</i>
<input type="checkbox"/>	<i>I verify that I read the <b>Cardiovascular Health Guide</b> and completed either the <b>Risk Factor Quiz</b> or <b>Family Heart History Chart</b> (Yours to keep. Do not submit to Employee Wellness).</i>

### How to submit to Employee Wellness:

- Email: [wellness@pima.gov](mailto:wellness@pima.gov) or click on the submit button
- Interoffice Mail: 150 W. Congress, 4<sup>th</sup> Floor
- Fax: 520-724-8150

